

Grief Education:

The Bereavement Journey

An education series addressing the questions & concerns of the newly bereaved.

Have you recently experienced the death of someone loved? Do you find yourself at a loss for knowing what to do next? These sessions will help you to get your bearings as you embark on the journey of grief. Each session will include time for discussion and sharing.

Session 1: *What is happening to me?*

Session 2: *How do I begin to grieve?*

Session 3: *What can help me cope?*

Session 4: *How long will I feel like this?*

Series will be held 10:30 am - 12 noon and again 6:30 - 8 pm on:

Mondays, September 9, 16, 23, 30th;

Tuesdays, October 8, 15, 22, 29th; and

Tuesdays, November 5, 12, 19, 26th

The Dorothy Ley Hospice fosters hope and dignity through exemplary care, advocacy, education and research for individuals living with the challenges of life-limiting illness or loss.



To enquire about our services, to volunteer or make a donation, please contact:

220 Sherway Drive
Etobicoke, Ontario M9C 0A7
t: 416-626-0116 / f: 416-626-7285
www.dlhospice.org

Charitable No: 13019 3394 RR0001



A Community of Support and Care

Bereavement Care Services



September - December 2013

For information please contact at:

phone: 416-626-0116
www.dlhospice.org

Bereavement Care Services

The Dorothy Ley Hospice follows an individualized approach and provides emotional and spiritual support as opposed to clinical counselling.

Services, offered *without charge*, are available to anyone anticipating a death and/or grieving the loss of someone significant. We provide opportunities to learn about grief as a healing process, a way to connect with other bereaved, and an understanding and supportive space in which to share and express feelings.

Individual Support

As you seek to find your way through your grief, know that you're not alone. *We're here to help.*

For an individual appointment contact:

Kristine Gagnon, Bereavement Care Coordinator, ext. 227,

kgagnon@dlhospice.org

Grief Support Groups:

Pathways of Healing

Talking with others who also have experienced the loss of someone loved is a helpful way to cope with grief, though it is recommended that at least 2-3 months has passed since the death of a loved one before joining a group.

Dates are tentative pending sufficient registration:

Circle of Sons and Daughters - Loss of Parent
Mondays, Sept. 30 - Dec. 9th ~ 1 - 3 pm
Wednesdays, Oct. 2 - Dec. 4th ~ 7 - 9 pm

Wednesday Friends - Older Adults Mixed Loss
Wednesdays, Oct. 2 - Dec. 4th ~ 1 - 3 pm

Finding My Way - Loss of Spouse/Partner
Thursdays, Oct. 10 - Dec. 12th ~ 7 - 9 pm

A Grief Like No Other - Bereaved Parents
Interest list will determine start date

Contact our Bereavement Care Coordinator directly at 416-626-0116 x 227 to register. An individual meeting is required prior to attending to ensure readiness and suitability.

No new members added after 2nd session.

Additional groups held when sufficient interest.

Integrative Wellness:

Therapeutic Touch Spa

Therapeutic Touch® can reduce stress and assist with relaxation. It can provide you with a renewed sense of wellbeing by using non-touch hand movements over the body to rebalance the energy flow.

Thursday afternoons -
Booked by individual appointment

Relaxation Circle

Guided imagery, combined with breathing exercises is a type of mind-body relaxation process which can reduce anxiety, stress and pain, resulting in improved health and well-being.

Tuesdays, 7 - 8pm
Sept. 24th, Oct. 22nd, & Nov. 26th

Walking The Labyrinth of Grief

The labyrinth is a metaphor of the grief journey where the way in is the way out.

Walking a labyrinth can be used as a way of healing one's grief following a loss - step by step. Presentation followed by a Labyrinth Walk will be held at St. James United Church, 400 Burnhamthorpe Rd., Etobicoke

Saturday, September 28th, 10 am - 12 pm
Saturday, October 26th, 10 am - 12 pm

Creative Expressions:

Grief Stories: Movie & Discussion

Watching a sad movie can be a powerful catalyst to give expression to one's own sadness and sorrow, as well as offer a new perspective to one's grief journey.

Come connect with others and view a selected film with themes of loss, grief and the search for meaning in carrying on following an experience of life transition.

Fridays, 1 - 4 pm
Sept. 27th, Oct. 25th, & Nov. 29th

Call or visit website for listing of films

Mandala Creations Workshop

The creation of mandala is a rewarding and active meditation for the purposes of insight, healing, self discovery, personal growth and spiritual enrichment.

This workshop will provide the opportunity to draw spontaneous creations of colour and form within a circle known as a mandala (Sacred Circle). Participants will discover how, through repeated practice, they can create a mandala diary to use in daily life.

Saturday, Nov. 16th, 10 am - 12 pm

Special Sessions:

Coping with the Holidays

Are you concerned about how you'll get through the holiday season?

This session offers practical tips on how to manage the mixed emotions of grief, and strategies on how to cope with changes in family traditions along with ideas on ways to remember your loved one, and even how to respond to holiday greetings and festivities.

Monday, November 25th, 1 - 3 pm,
and again 6:30 - 8:30 pm

Celebration of Life Service

20th annual gathering to honor the lives of loved ones in our community who have died.

This session will include quiet music, readings and reflections. Attendees are welcome to submit names of people to be included in the remembrance. All are welcome. A reception of light refreshments will follow the service.

Monday, December 16th, 7 - 9 pm
RSVP by December 13th

For more information on these programs please contact The Dorothy Ley Hospice at:

phone: 416-626-0116

www.dlhospice.org

Registration required for all programs and services