

Support

As you seek to find your way through your grief, know that you're not alone. We're here to help. Exploring your loss, in a private and confidential manner, with someone who is separate from the rest of your life, and who won't judge or advise you, may help you to express your thoughts and feelings of grief, and ultimately assist in your healing.

Individual Support

Appointments for individuals and families are available with members of our bereavement and spiritual care team. Short-term support with a volunteer by phone or in person can be provided.

Group Support

People often seek a support group to see and hear how others are coping with their loss. While it's never too late to attend a support group it can be too soon. Speaking with one of our Bereavement Care Coordinators can help you to determine your readiness to talk about your loss with others, and to hear the stories of other bereaved persons, as well as identify which group would be the right fit for you.

Registration for a group program requires meeting in person with one of our Bereavement Care Coordinators

The Dorothy Ley offers individual and group support services designed to meet the emotional, spiritual and physical needs of individuals living with life-limiting illness, their caregivers, close friends and the bereaved **at no cost to individuals** thanks to the generosity of our donors and government funding.



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Charitable No: 13019 3394 RR0001



Bereavement Services



For information about our services:

416-626-0116

www.dlhospice.org

Bereavement Care

The Dorothy Ley Hospice follows an individualized approach to care responding to the unique needs of each person.

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

Services are provided by professionals and trained volunteers who believe:

- ◆ Grief is a normal response to the death of someone significant.
- ◆ There is no right or wrong way to grieve.
- ◆ The duration and intensity of grief is unique for each individual.
- ◆ People access support when they are ready and have the right to choose the supports that best fit their unique needs.
- ◆ Within each individual is the innate capacity to heal.
- ◆ Grief shared is grief diminished.

Grief Education

The Bereavement Journey

Have you recently experienced the death of someone loved? Do you find yourself feeling overwhelmed and lost?

This education series will help you get your bearings as you embark upon your healing journey.

Session 1: ***What's 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?***

Resource Library

We maintain a lending library with resources available on topics related to hospice care, living with a life-limiting illness, care giving, dying, death, grief and bereavement.

*Professional Development**

As an Education Partner with the Hospice Foundation of America, we broadcast their presentations on topics related to hospice palliative care, dying, death and bereavement.

****For schedule of presentations visit***

www.dlhospice.org

Conversations About Grief

*Preparing Children for a Death**

What and how do we tell the children?

This talk offers an understanding of children's needs for truthful information about death, ideas on how to prepare them for being present with a dying loved one and tips on how to break the news of the death.

*Supporting Grieving Children**

How do I comfort my grieving child?

This talk offers an understanding of the uniqueness of children's grief and provides guidance for how caring adults can support grieving children.

*Coping with the Holidays**

Are you concerned about how you'll get through the holidays?

This talk offers practical tips on how to navigate the triggers of an approaching holiday, normal grief reactions and coping strategies, and ideas to commemorate your loved one.

*Lost for Words: Words for Loss**

Are you struggling to know how to support someone who is grieving?

This talk provides insight to the experience of a bereaved person and offers tips on what one can say and do that helps.

Pathways of Healing

Grief Support Groups

Talking with others going through a similar experience can be a helpful way to cope.

Meet-ups (open to new participants):

Caregivers' Time Out - An ongoing sharing circle for those grieving the anticipated death of a loved one.

Picking Up the Pieces - An ongoing mixed loss sharing circle for those who are newly bereaved.

Good Mourning Coffee Talk - A casual gathering time for gentlemen to share coffee and conversation.

The Next Step - An ongoing sharing circle for bereaved spouses who've previously attended a support group.

Loss specific groups (meet weekly for ten sessions and are scheduled based on sufficient interest - a minimum of six people, and limited to a maximum of ten)

The Sibling Connection - Sibling Loss

Circle of Sons & Daughters - Parent Loss

A Grief Like No Other - Adult Child Loss

Finding My Way - Spousal Loss

Tuesday Friends - Spousal Loss 60+

Creative Coping

*Grief Stories: A Book & Movie Club**

Watching a movie or reading a book can be a powerful catalyst to give expression to one's sadness and sorrow, as well as offer a new perspective to one's own grief journey. Join with others to discuss themes of loss, grief and/or the search for meaning in carrying on following an experience of life transition as offered through a selection of films and books.

*Grieving the Write Way: Journaling**

Introduction to journaling as a tool to work through grief and to recall and celebrate the life of a loved one.

*Expressive Arts for Grieving Hearts**

Introduction to the use of art modalities for therapeutic expression of grief.

*Walking Through Your Grief**

A gathering time to walk and talk, *at a relaxed pace*, with others who are grieving; to share common ground while benefiting from fresh air and exercise.

*Walking The Labyrinth of Grief**

The labyrinth is a metaphor of the grief journey where the way in is the way out. Learn how walking a labyrinth can be used as a tool in healing one's grief - *step by step*.

****These programs are held with sufficient interest - a minimum of six people.***