

FALL/WINTER BEREAVEMENT PROGRAM SCHEDULE

WE OFFER

- VIRTUAL WORKSHOPS
- ONE TO ONE COUNSELLING
- MONTHLY SESSIONS
- DROP-IN SESSIONS
- WEEKLY SUPPORT GROUPS
- IN-PERSON MEETINGS

VIRTUAL GROUPS

- UNDERSTANDING GRIEF
- GRIEF CIRCLES
- PARTNER LOSS
- RITUAL IN GRIEF
- SELF - COMPASSION
- PREPARING FOR HOLIDAYS
- DROP - IN

A Zoom link will be sent following registration. Registration for each session closes 24 hours before the session begins. We reserve the right to cancel the session if less than 5 participants are registered. All groups are facilitated by bereavement counsellors and/or trained volunteers.

All bereavement group programs are offered to residents of Mississauga and Brampton



@hearthousehospice
hearthousehospice.com





UNDERSTANDING GRIEF

MONTHLY 2-HOUR SESSIONS, 7-9 PM

An educational session exploring common themes in grief that can serve as a road map for the grief process. Participants will learn coping strategies for this normal, natural and necessary part of life.

Note: *This group is recommended to those who are recently bereaved and new to our grief programs.*

VIRTUALLY ON ZOOM

- Wed. Sept. 14th - Register Here
- Wed. Oct. 12th - Register Here
- Wed. Nov. 16th - Register Here
- Wed. Dec. 14th - Register Here



GRIEF CIRCLE

9 WEEK PROGRAM, MONDAYS OR THURSDAYS

This group offers you a safe space to share and explore your feelings. It will help you understand commonalities in grief, the unique way you grieve, and develop coping strategies.

Note: *This is a **closed** group. Open to those who are bereaved for at least **two** months. It is strongly recommended that participants attend all 9 sessions.*

VIRTUALLY ON ZOOM

- 1-2:30 PM Sept. 22nd - Nov. 17th
Thursdays - Register Here
- 6:30-8 PM Oct. 24th -Dec. 19th
Mondays - Register Here



GRIEF SHARE DROP-IN

MONDAY SESSIONS, ONE HOUR LENGTH

Drop-In sessions give participants a chance to connect with other grieving individuals. These sessions are often an introduction to our grief programs, where individuals can share and listen to the experiences of others and be in touch with their own emotions.

Note: *You do not need to register to attend. Please use this link to participate.*

<https://us02web.zoom.us/j/88446962602?pwd=ZERjMDNnVTE0Mm1NNW82SWkxL3ZsUT09>

VIRTUALLY ON ZOOM

- Nov. 24th 1-2 PM
- Dec. 15th 1-2 PM
- Dec. 22nd 7-8 PM





PARTNER LOSS

9 WEEK PROGRAM, THURSDAY EVENINGS, 6-8 PM

VIRTUALLY ON ZOOM

This group is for those who have experienced the loss of a spouse or partner. It offers a supportive and safe space to explore with other participants the profound experience of grief and loss.

Sept. 22nd - [Register Here](#)



SELF COMPASSION

MONTHLY WORKSHOPS, 7-8:30 PM

VIRTUALLY ON ZOOM

This workshop is open to everyone. It provides opportunities for participants to focus on their inner strengths. Participants learn about the importance of self-care while adjusting to the new realities.

Mon, Sept. 26th - [Register Here](#)

Mon, Oct. 24th - [Register Here](#)

Mon, Nov. 28th - [Register Here](#)

Mon, Dec. 19th - [Register Here](#)



RITUAL IN GRIEF

WORKSHOP 7-8:30 PM

VIRTUALLY ON ZOOM

This workshop explores the functions of rituals and their impact. It brings a research-informed approach that examines ways in which rituals can be performed with oneself or in the company of others. It explores how we integrate the experience of loss with our lives as we move forward.

Oct.3rd - [Register Here](#)

Nov.7th - [Register Here](#)

A brief demonstration of various types of mourning rituals will be offered.

Participants are invited to honour their loved one during the formal ritual.

Note: Please bring something to write on & an item (eg. baseball cap, favourite mug, t-shirt) of your loved one that you would be comfortable to include in a ritual we will complete together .

A **Zoom link** will be sent following registration. Registration for each session closes **24 hours** before session begins. We reserve the right to cancel the session if less than **5** participants are registered. All groups are facilitated by bereavement counsellors and/or trained volunteers.



HEART HOUSE

H O S P I C E



WALKING GROUP

WEEKLY IN-PERSON (MAY-OCT)

This program offers social connection for people in grief and promotes the self-care practice of walking in nature. Volunteers will guide you on a one-hour walk along the Credit River, starting at Erindale Park. There is a social hour in the park following the walk.

Afternoon walks start Thur. May 5th, 1-3 PM - Register Here

Evening walks start Thur. May 5th, 6-8 PM - Register Here

What to expect and bring: The program requires a basic fitness level. Because the path is uneven in places, mobility devices are not ideal. Wear comfortable shoes with good treads. It is helpful if participants bring a portable chair for the social hour. The walks are scheduled unless there is rain that day.

For safety-related reasons, we ask participants to refrain from bringing their pets.

Location: Erindale Park, **1695 Dundas Street West**, Mississauga. Plenty of parking is available.

Note: *When registering, choose either the daytime or evening walk. Please register at least 24 hours in advance of the walk. Register for your first walk only - no need to register for all the dates.*



ONE TO ONE SESSIONS

VIRTUAL OR IN-PERSON

Register for one-to-one bereavement support with a trained bereavement volunteer. Please contact our Care Navigator (Jess) at jmarsella@hearthousehospice.com or by calling 905-712-8119 ext. 255 for more information on how to register. Please note, some programs have waitlists.

Weekly Telephone Calls: A trained bereavement volunteer will call weekly or biweekly to provide bereavement support for up to 3 months.

Guided Meditation: A volunteer will call weekly or biweekly to offer 6 guided meditation sessions over the phone to help reduce stress and anxiety, relax muscles, and calm the mind.

Guided Journaling: A volunteer will call weekly or biweekly to offer 6 guided journaling sessions designed to help with self-awareness and to release thoughts and emotions in order to create a greater sense of health and well-being.

Wellness Sessions: Trained volunteers will provide 6 Reiki or Therapeutic Touch or Gentle Aroma touch sessions (in the office). These sessions are provided to balance the mind, body and spirit. This helps to reduce anxiety, stress and tension, and creates greater calm, peace and relaxation.

Note: all programs are subject to availability and prior assessment.



HEART HOUSE

H O S P I C E