



Fall Bereavement Programs at Heart House Hospice

4-Week Social Walking Group for People in Grief (Pilot)

September 12, 2018 ~ 6 pm - 7 pm - Information Night at Heart House Hospice

Wednesdays ~ 6 pm - 7 pm - Sept. 19, 26, & Oct. 3, 2018 (Walk by Credit River)

This program offers social connection for people in grief while engaging in the self-care practice of walking in nature. The first evening is for information and registration at Heart House Hospice and the following three evenings will include a one-hour walk along the Credit River followed by coffee in a local coffee shop. For information, call Alexandra Horsky at extension 247. [Click here to register.](#)

100% Certainty Project Book Club

Thursdays ~ 10 am - 11:30 am - Sept. 20, Oct. 18, Nov. 15, Dec. 20

Mississauga Central Library, Ground Floor, Program Room B

In a death-denying society, how do we prepare for the end of life? Get more comfortable with death and dying by discussing four carefully selected non-fiction books over four months. In partnership with 100% Certainty Project, Heart House Hospice, and the Mississauga Library. Come for one book discussion or come for them all. Visit or call Ground Information Desk (905-615-3500 x 3544) to register and get your book(s). Books: Sept. 20: They Left Us Everything: A Memoir, by Plum Johnson, Oct. 18: Wave, by Sonia Deraniyagala, Nov. 15: Grief Works, by Julia Samuel, and Dec. 20: Being Mortal, by Atul Gawande

Heart House Hospice Memorial Picnic

September 22, 2018 ~ 11:00 am - 2:00 pm at Port Credit Memorial Park

The Memorial Picnic is an opportunity to celebrate the preciousness of life, connect with others, and have fun! Join us for a picnic lunch, fun activities, and opportunities to remember loved ones who have died. All ages are welcome. For more information, call Lisa Hoekstra at extension 234. [Click here to register.](#)

Grief 101 Education Workshop

September 25, 2018 ~ 6:30 pm - 8:30 pm at Heart House Hospice

This workshop is for people who are grieving AND for those who support them (personally and professionally) who wish to know more about grief theory. For more information, call Alexandra Horsky at extension 247. [Click here to register.](#)



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The Etiquette of Illness and Grief Workshop

October 9, 2018 ~ 6:30 pm - 8:30 pm at Heart House Hospice

This workshop explores practical ways to support and communicate with people who are living with a life-threatening illness and/or grieving the death of a loved one. Participants will come away empowered with strategies that are authentic, supportive, and compassionate for all. For more information, call Peggy Moore at extension 232. [Click here to register.](#)

4-Week Resilience in Grief Series

Tuesdays ~ 6:30 pm - 8:30 pm - October 16, 23, 30, & Nov. 6, 2018

Location: Heart House Hospice

This 4-week series will offer tools to build resilience in grief. Based on the book *Resilient: How to Grow an Unshakable Core of Calm, Strength and Happiness* by Rick Hanson, participants will learn about elements of resilience, engage in practices to build inner and outer resources, reflect on reclaiming peace and well-being, and grow towards a "new normal" for life. For more information, call Alexandra Horsky at extension 247. [Click here to register.](#)

Coping with the Holidays

December 6, 2018 ~ 7:00 pm - 8:30 pm

Location: Heart House Hospice

The holiday season for people in grief can raise lots of feelings and memories about past holidays that make navigating the month of December especially challenging. This workshop will explore strategies for getting through the holiday season that might include honouring the person who died while creating new traditions and rituals. For more information, call Alexandra Horsky at extension 247 or Peggy Moore at Extension 232. [Click here to register.](#)



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