

### Everyone Needs *Compassion* and an Opportunity to *Connect*

Grief often feels like a roller coaster of emotions that are unpredictable and chaotic. Emotions that include sadness, anger, regret, fear and loneliness. Living and feeling better can start with a simple step - *connecting*. At Heart House Hospice we want to help you **connect and build** a network of support that can help you in your grief. We want to help you build your community.

The programs listed below are available to individuals residing within the Region of Peel.

### GROUP ENROLLMENT ETIQUETTE

We appreciate your understanding and support in helping us make sure everyone has access to grief support. In order to help us make sure everyone has access, we ask you to please be considerate of the following:

- 👉 Only register for **one** multiweek group at any time (i.e. Grief Circle, Coping with Grief)
- 👉 For a multi-week program, you only need to register for the first week.  
(once we have your name and email, we will be in touch to confirm your registration and attendance)
- 👉 Priority will be given to individuals who have not previously participated
- 👉 For some groups (i.e. Grief Circle) with smaller numbers, participation will be limited to one series
- 👉 In the event a group is filled you will be added to a waitlist and contacted, if space becomes available or, the next time the group is offered
- 👉 You will be contacted and asked a few questions to help the group facilitators get to know you

### PROGRAM DESCRIPTIONS

#### GRIEF 101 (1 two-hour Session)

**Group Size: 50 participants**

**Dates: July, September, October, December, March**

**Frequency: Every two months**

**Focus: Education**

This 2-hour education workshop is a helpful introduction to grief and to Heart House Hospice. It explores common themes in grief that can serve as a roadmap for the grieving process. Participants will learn that grief is a normal, natural, and necessary part of life. Facilitated by trained bereavement volunteers.

#### GRIEF CIRCLE 8 weekly/1.5-hour Sessions)

**Group Size: 12 participants**

**Dates: June, July, August, September, October, November, January**

**Frequency: Ongoing Program**

**Focus: Connect/Share**

This group allows participants to connect with other members of the community who share similar experiences and struggles. This group offers a safe space for participants to share their stories, thoughts, and feelings while also learning through discussion about commonalities in grief and developing coping strategies. Facilitated by staff/trained bereavement volunteers.

#### BEREAVEMENT ART THERAPY GROUP (9 weekly/1.5-hour sessions) Frequency: As Available



# HEART HOUSE

H O S P I C E

**Group Size: 24 participants**

**Dates: May, October**

**Focus: Creative Expression**

**Need to be registered HHH member**

This group focuses on grief and loss through the creative process. Art exercises will nurture self-learning and self-expression while helping participants to gain a sense of community. No artistic training is required to participate in this program, and materials are flexible. Facilitated by art therapy students from Toronto Art Therapy Institute (T.A.T.I.).

**STRATEGIES FOR COPING WITH GRIEF (10 weekly/2 hour sessions)**

**Group Size: 20 participants**

**Dates: May, September, January**

**Frequency: Ongoing**

**Focus: Education/Share**

This group provides participants with grief education and community connections in order to build a sense of empowerment in grief, especially during times of distress brought on by the Covid-19 pandemic. Sessions will include a focus on a grief-related theme, a stress-reduction practice, and small group discussion that will help participants develop a variety of self-care and stress reduction strategies. Facilitated by one of our bereavement counsellors.

**SOCIAL WALKING GROUP (Weekly)**

**Group Size: 50**

**Dates: April – November (Currently ON HOLD due to current Covid-19 restrictions)**

**Frequency: Weather Permitting**

**Focus: Connect/Share**

This program offers social connection for people in grief, and promotes the self-care practice of walking in nature, along the Credit River, starting at Erindale Park, with a social hour to follow. Please note, there may be modifications to the program because of Pandemic restrictions and social distancing measures will be in place. You will be asked to wear a mask and sign a waiver prior to joining the program. Volunteers will guide you on this one-hour walk.

**ART THERAPY SESSIONS (6 Sessions)**

**Group Size: 1 to 1**

**Frequency: As Available**

**Focus: Creative Expression**

**Need to be registered HHH member**

1:1 sessions offer a supportive therapeutic environment where clients can engage with artmaking as a way to express themselves with more than words. Participants do not need to have any artistic training as art therapy is about the experience of creating and reflecting.

**GUIDED MEDITATION**

**Frequency: Multiple Dates Monthly**

**Focus: Wellness**

Guided Meditation is a simple, easy way to improve well-being and connect with your mind, body, and spirit. Meditation helps with self-care, relaxation, increased feelings of peacefulness and calmness, happiness, and improved sleep. Session ranges from 45 - 60 minutes in length

**YOGA**

**Frequency: Multiple Dates Monthly**

**Focus: Wellness**

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Gentle Yoga and Restorative Yoga are simple forms of yoga to help move your body slowly through some passive stretches and poses to help provide physical and mental balance. Yoga teaches you to move slowly through poses as you connect to your breath.

**Note: To use any 1 to 1 supports you need to be a registered member of Heart House Hospice.**

**BEREAVEMENT VOLUNTEER SUPPORT (Weekly or Bi-weekly)**

**Frequency: Ongoing**

**1 to 1 Support**

**Focus: Support/Share**

Our trained volunteers offer a variety of one-to-one support either by phone or Zoom visits to support participants on their grief journey and encourage self care through complimentary therapies. Each volunteer receives specialized training for the type of support they provide. Options are listed below;

**Telephone Support (maximum of 12 sessions)**

Conversation with our volunteers allow you to express what is on your mind, and benefit from the compassionate, listening presence offered by our volunteers.

**Guided Meditation (6 sessions)**

Guided meditation sessions help to reduce stress, anxiety, relax muscles, and calm the mind.

**Guided Journaling (6 sessions)**

Guided journaling sessions are designed to help with self-awareness and to release thoughts and emotions in written form to help create a greater sense of health and well-being.

**Energy Sessions (Reiki or Therapeutic Touch, 6 sessions)**

Distant energy work helps restore balance in the mind, body, and spirit. It helps to reduce anxiety, stress, and tension, and creates greater calm, peace, and relaxation.

**PROFESSIONAL BEREAVEMENT SUPPORT (maximum 8 visits)**

**Frequency: Ongoing**

**Group Size: 1 to 1**

**Focus: Grief Counselling**

Grief counseling is a kind of psychotherapy designed to help people cope with grief and mourning following the death of a loved one. Professional grief support may be helpful if you are experiencing one or more of the following: intense sadness, preoccupation with the deceased or with the circumstances surrounding the death, feelings of emptiness, meaninglessness or worthlessness, difficulty engaging in happy memories, avoidance of reminders of the deceased, bitterness, or anger.

To add your name to the guestlist for one of our programs or learn more about what we offer visit;

<https://hearhousehospice.com/events/>

To request, or refer for, one to one support call 905-712-8119 or complete our online referral at

<https://hearhousehospice.com/how-we-help/referral-forms/>

Visit our H.U.U.G. (Help Us Understand Grief) Program if looking for support for children/youth;

<https://hearhousehospice.com/how-we-help/support-for-children/help-us-understand-grief/>