

HOSPICE KAWARTHA LAKES

All programs offered free of charge and held at 112 McLaughlin Road, Lindsay

Please call our Bereavement Coordinator at 705.324.7323 ext 504 for more info.

All programs and services are facilitated by hospice volunteers. We do not offer grief counselling or therapy.

Program	Description
Circle of Hope Offered on-going, bi-weekly on Fridays 12 noon - 1:30pm	A place for those who have recently lost a loved one to share with others who are experiencing similar feelings, issues and concerns. A first step for many, this group offers no-pressure support and companionship in the wake of a loss. <i>Light lunch served</i>
Moving Through Grief Level 1 10 weeks Registered Program	Allows individuals to experience support from others who have endured similar personal losses. Through discussion and personal reflection participants begin the journey of moving forward through their grief while exploring ways to cope with life following the loss of a loved one.
Moving Through Grief Level 2 12 weeks Registered Program	Examines some of the more complex aspects of grief recovery such as: developing new identity, developing new relationships, unhelpful belief systems and establishing new patterns in life. *Must have completed level 1
Moving Through Grief Level 3 Monthly Registered Program	Provides on-going support and encouragement as individuals begin to redesign life that will lead to a greater sense of wholeness and health. *Must have completed level 1 & 2
Kids Grieve Too 6 weeks Registered Program	Children participate in interactive and expressive group activities aimed at helping them better understand the feelings they have & explore the meaning of their loss in a safe environment.
Teen Talk 8 weeks Registered Program	Through meaningful activities youth explore the significance of losing someone important. Participants develop healthy ways of coping & discover practical ways of dealing with their emotions.
Journaling for Self Care Expressive Writing for Therapeutic Benefit	Participants use writing to discuss loss, self awareness, memories, the past, future and how it affects us. While healing occurs through writing, this is not a therapy group.
Peer 1:1 Support	In some cases, One-on-one peer support is available for those who are unable to participate in a group setting.