



HEART HOUSE

H O S P I C E

HEART HOUSE HOSPICE BEREAVEMENT SUPPORT PROGRAMS

"The Capacity to Love Requires the Necessity to Mourn" (Dr. Alan D. Wolfelt)

WHO WE SERVE

Residents of Peel (Mississauga, Brampton & Malton)
Individuals & Families Grieving the Death of a Loved One
Organizations/Corporations When Colleague Has Died
Healthcare Providers

ADULT GRIEF SUPPORT

1:1 Professional Grief Counselling
1:1 Bereavement Volunteer Support
8-week Closed Bereavement Support Groups
Grief Chat Circles
Social Walking Groups
Group Debriefs for Community Partners
Information and referral to other programs

EDUCATION

Variety of General Interest Workshops
The Circle Way: Balancing Wholeness
Grief 101/Etiquette of Illness and Grief
30-Hour Hospice Training

HUUG (Help Us Understand Grief)

1:1 Grief Counselling for Children and Youth
Parent Consultations
Monthly Family Events
Education Workshops for Schools & Community
Annual Memorial Event
Information and referral to other programs

HEALTH AND WELLNESS

Complementary Therapies
Nutrition Programs
Meditation with Sonia (Group)
Vibrational Sound Healing with Elvira

HOW TO REACH US

Peggy Moore, MPS, CSCP, RP
Coordinator of Bereavement & Spiritual Care
Ext. 232
mmoore@hearthousehospice.com

Alexandra Horsky, MDiv, SCP, RP
Bereavement Counsellor
Ext. 247
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Kimberly Blackmore, MC, RP, CPT
HUUG Counsellor
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Allison de Ruyter, RECE, M.Ed, CCLS
HUUG Counsellor
Ext. 229
aderuyter@hearthousehospice.com

YOU DO NOT HAVE TO DO THIS ALONE!

Call (905) 712-8119 for information or access any of our programs
855 Matheson Blvd. East, Unit # 1, Mississauga, ON L4W 4L6

Bereavement Support Programs in Peel and Surrounding Areas

Bethell Hospice, Caledon, (905) 838-3534, Ext. 3010

<https://bethellhospice.org/>

Dorothy Ley Hospice, Etobicoke, (416) 626-0116, Ext. 227

<https://www.dlhospice.org/bereavement-care>

Acclaim Health Bereavement Program, Halton, (905) 827-8800, Ext. 2319

<https://acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support/>

COPES (Community of People Extending Support), Turner & Porter, Mississauga, (416) 767-6793

http://turnerporter.ca/extended-resources#bereavement_resources

Centre of Grief and Healing, Bereaved Families of Ontario, Mississauga, (905) 848-4337

<https://www.bereavedfamilies.ca/>

RC Parish Based Bereavement Support Groups, Mississauga, (905) 507-1581

St. John of the Cross and St. Francis Xavier parishes

COPING Program, Trinity Church Streetsville, Mississauga, (905) 826-1901, Ext. 231

<https://www.trinitystreetsville.org/coping-program-streetsville>

Lighthouse Program for Grieving Children, Oakville, (905) 337-2333

<https://www.grievingchildrenlighthouse.org/index.php>

Online Resources for People in Grief

Heart House Hospice Resource Library,

<https://hearthousehospice.com/resource-library/other-helpful-resources/>

Heart House Hospice Legacy Work,

<https://hearthousehospice.com/how-we-help/counselling-support/legacy-activities/>

What's Your Grief, <https://whatsyourgrief.com/>

Option B, <https://optionb.org/>

Canadian Virtual Hospice My Grief, <http://www.mygrief.ca/>

Genesis Bereavement Resources, <https://genesis-resources.com/>

Centre for Loss and Transition, <https://www.centerforloss.com/>

Self-Compassion, <https://self-compassion.org/>

Brene Brown, <https://brenebrown.com/>

Children and Youth Grief Network, <https://www.childrenandyouthgriefnetwork.com/>

Crisis Support

24/7 Crisis Support Peel Dufferin, (905) 278-9036

COAST (Crisis Outreach and Support Team), 1-877-825-9011

Peel Children's Centre Mobile Crisis Response, (416) 410-8615



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