

One-on-one Support

Grieving is a normal life process – it is an adjustment reaction to a loss. Grief counselling is meant to facilitate that normal process of loss. The goal is to be able to move forward with one's life, recognizing and reconciling the physical loss of the individual, and being able to bridge that loss with positive memories of the deceased.

4th Monday Support

On the 4th Monday of each month, Carpenter Hospice hosts a drop-in bereavement support group. It is open-ended and open to all losses (spousal, partner, sibling, parental, and close friend). The bereaved is not required to attend every session, or every month. The bereaved chooses when to come and how often to come.

Spousal & Partner Loss Support Group

This is a closed 8-week group held twice a year. It has 6-10 participants who for the duration of the group are required to attend each session. All participants have lost a spouse or a partner. They have a chance to learn from each other and support each other during the grief journey.



Carpenter Hospice

BEREAVEMENT & SUPPORTIVE CARE



Singing Well

Singing Well is an expressive therapy group where healing takes place through the activity of making music and singing together. Group participants will learn strategies and practical resources for coping and wellness. Participants do not need to have any previous singing or musical experience and there are no performance or solo singing. The group takes place on the 2nd Thursday of the month from 1:00-2:30pm. To register, please contact our Music Therapists at 905-631-9994 ext. 141.

Walking Group

The Bereavement Walking Group is a 12-week program that runs twice a year; in the Fall and Winter months.

Trained volunteers walk with participants to enjoy fresh air and get exercise, while receiving support from other bereaved participants. You guide the conversation.

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, deep contrition and unspeakable love." Washington Irving

Carpenter Hospice offers compassionate, non-judgmental support in one-on-one and group sessions to individuals and families experiencing loss. Our goal is to provide a safe, caring, and compassionate environment to allow people to express their feelings and move towards healing.

The Hospice is dependent on the generosity of the community for the majority of our operation revenue. Community support allows us to offer all of our services and programs at **no cost** to the end users.



“They were interested in more than just my sadness. They wanted to know about me and my story. The program gave me ideas on how to help myself but also let me know that it’s okay to be sad.”

Brenda, Program Participant



BEREAVEMENT & SUPPORTIVE CARE PROGRAM



Move towards healing.



BEREAVEMENT & SUPPORTIVE CARE

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