

PROGRAMS & SERVICES

Hospice King-Aurora

Now serving **Richmond Hill**

Since 1983, Hospice King-Aurora has been providing specialized services and support to those diagnosed with life-threatening illness, the people who care for them and those who are bereaved. We are a Community Hospice offering programs free of charge to people living in King Township, south Aurora & Richmond Hill. Donations are always welcome.



Care ♥ Compassion ♥ Support

IN-HOME VISITING

Professionally trained and supported volunteers offer non-medical, in-home support including caregiver relief, telephone support, practical assistance and companionship.

WELLNESS PROGRAMS

Tranquil Moments Yoga & Mindful Movement Yoga A gentle approach to yoga encouraging awareness, self-acceptance and well-being.

Meditation Weekly meditation group exploring a variety of techniques including breath work, visualizations, energy body balancing, mantra chanting and more.

Serenity Stroll An opportunity for conversation and support while walking with others through Sheppard's Bush.

Art Therapy Exploring the power of expression through colour for healing and self awareness. No art experience necessary.

Picking Up the Pieces Specialized support for those trying to move forward with their life after cancer treatment. " Also available **Picking Up the Pieces Grad Group**.

Individual Modalities Reflexology, Reiki, Thai Yoga Massage, Attunement, etc.

CAREGIVER & BEREAVEMENT SUPPORT

Caregiver Connection A monthly gathering for a meal and peer support. Offered to those providing care for a loved one.

'Need It Now' Bereavement Support Provided for individuals (children, teens and adults) and families at HKA or at home.

Comfort Café A weekly drop-in group for men & women who are experiencing the loss of a loved one.

Finding Our Way Weekly drop-in support for those experiencing the loss of a spouse/life-partner.

Women in Transition 8-week education-based group for women after the death of a spouse/life-partner

Wings- Support groups for grieving children aged 5-8 years and 9-12 years A chance for children to participate in a variety of activities designed to support their grief journey. A concurrent informal session is offered for parents and caregivers.

Who cares? Support group for grieving teens We care! A peer support group for grieving teens aged 13- 17 years.

Grief Busters Summer Camp 5-day camp for children aged 7 to 12 who have had a family member die or who is terminally ill.

School Support One-to-one and group support for students, staff and families before or after a loss.

Bereavement Education Services Presentations for schools, community support agencies and businesses.



350 Industrial Pkwy S. Aurora, ON L4G 3V7

P: 905-727-6815

E: programs@hospicekingaurora.ca

W: www.hospicekingaurora.ca

Programs offered in Aurora & Richmond Hill



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