

AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 CIVIC HOLIDAY (OFFICE IS CLOSED)	4 GRIEF SUPPORT GROUP (CLOSED)	5 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY) VIRTUAL VOLUNTEER ORIENTATION (CLOSED) 6:00 PM	6 MINDFUL MARKINGS (OPEN)	7 FEEL GOOD WELLNESS FRIDAYS (OPEN)	8 EMOTIONAL MONSTERS (OPEN)
9 BINGO (OPEN)	10 NAVIGATION STATION DROP-IN (OPEN)	11 GRIEF SUPPORT GROUP (CLOSED)	12 DISTANT REIKI HEALING (APPOINTMENT ONLY)	13 MINDFUL MARKINGS (OPEN)	14 FEEL GOOD WELLNESS FRIDAYS (OPEN)	15 EMOTIONAL MONSTERS (OPEN)
16 BINGO (OPEN)	17 NAVIGATION STATION DROP-IN (OPEN)	18 GRIEF SUPPORT GROUP (CLOSED)	19 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	20 MINDFUL MARKINGS (OPEN)	21 FEEL GOOD WELLNESS FRIDAYS (OPEN) VIRTUAL VOLUNTEER CHECK-IN (CLOSED) 11:00 PM	22 EMOTIONAL MONSTERS (OPEN)
23 BINGO (OPEN)	24 NAVIGATION STATION DROP-IN (OPEN)	25	26 DISTANT REIKI HEALING (APPOINTMENT ONLY) VIRTUAL VOLUNTEER TOWN HALL (CLOSED) 10:00 AM	27 MINDFUL MARKINGS (OPEN)	28 FEEL GOOD WELLNESS FRIDAYS (OPEN)	29 EMOTIONAL MONSTERS (OPEN)
30 BINGO (OPEN)	31 NAVIGATION STATION DROP-IN (OPEN)	1	2 CARE PACKAGES (TBD)			

*Hours of Operation:
9:00 AM to 5:30 PM*

Hospice Vaughan
31 Woodbridge Ave
Vaughan, ON L4L 2S6

*Phone: 1-905-850-6266
Fax: 1-905-850-7987*

BINGO – Once a week we will be releasing bingo cards on our social media that will challenge everyone to complete different activities throughout the week. Will you get a full card? For more information, contact Sarah, Graduate of Spiritual Care and Psychotherapy at intern1@hospicevaughan.com or at ext. 213.

EMOTIONAL MONSTERS – At the end of each week we will be introducing an emotional monster to the rest of our community on social media. We want to encourage everyone to think about how they are feeling and what it would look like in the form of a monster. Submissions are always welcomed. For more information or to submit your own emotional monster, contact Sarah, Graduate of Spiritual Care and Psychotherapy at intern1@hospicevaughan.com or at ext. 213.

FEEL GOOD WELLNESS FRIDAYS – Feeling a little bit restless? Check out our social media and website every Friday for the latest wellness video. We will be guiding you in different ways to keep active in the comforts of your own space. For more information, contact Daniela, Manager of Volunteer Services at daniela@hospicevaughan.com or at ext.209.

GRIEF SUPPORT GROUP – Community members are invited to reach out to Hospice Vaughan for grief and bereavement support, regardless of how long it has been. For more information and to register, please contact Sean, Clinical Social Worker at sean@hospicevaughan.com or at ext. 208.

MINDFUL MARKINGS – Colouring for everyone! Check out Hospice Vaughan on a weekly basis for original prints for you to colour in whatever way that moves you. For more information or ideas for future prints, contact Rachel, Community Health Navigator at racheld@hospicevaughan.com or at ext. 203.

NAVIGATION STATION – Community members are invited to reach out to Hospice Vaughan via social media, e-mail or phone to ask any quick questions they might have about support services and resources. For more information contact Rachel, Community Health Navigator at racheld@hospicevaughan.com or at ext. 203.

PARENT SUPPORT GROUP —We invite parents and guardians who have lost a child, regardless of age, to connect with one another for support. For more information, please contact Wendy, Manager of Hospice Services at wendy@hospicevaughan.com or at ext. 207.

REIKI — Distant Reiki Healing is a natural energy technique that provides energetic support and helps to relieve stress, anxiety, worry and grief. It allows the mind, body and spirit to be more relaxed and at peace. It provides a connection between the Reiki Practitioner and the client receiving energy healing. It is beneficial to anyone looking for emotional, mental and spiritual support at any time. It can be done through video (using Zoom) or telephone. For more information, contact Daniela, Manager of Volunteer Services at daniela@hospicevaughan.com or at ext.209.

VIRTUAL VOLUNTEER INITIATIVES — We value our volunteers and do our best to support them in supporting our community. We do our own wellness check to ensure our team is doing okay too and keep them up to date with changes. For more information or if you would like to become a part of our volunteer team, contact Daniela, Manager of Volunteer Services at daniela@hospicevaughan.com or at ext. 209.

More videos, resources and tools to come! Look out for these here on our website or check out our social media accounts for all the latest updates.