

# NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 WORDS FROM THE HEART	2 NAVIGATION STATION DROP-IN (OPEN)	3 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED)	4	5 PARENT SUPPORT GROUP (CLOSED)  DISTANT REIKI HEALING (APPOINTMENT ONLY)	6 FEEL GOOD WELLNESS FRIDAYS (OPEN) SUPPLY DROP-OFF (BASED ON AVAILABILITY)	7
8 WORDS FROM THE HEART	9 NAVIGATION STATION DROP-IN (OPEN)	10 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL VOLUNTEER CHECK-IN 3:00 PM	11	12 DISTANT REIKI HEALING (APPOINTMENT ONLY)	13 FEEL GOOD WELLNESS FRIDAYS (OPEN)	14 HEARTS FOR HOSPICE DROP-OFF (TBD)
16 WORDS FROM THE HEART	16 NAVIGATION STATION DROP-IN (OPEN)	17	18	19 PARENT SUPPORT GROUP (CLOSED) STORYTIME (OPEN) DISTANT REIKI HEALING (APPOINTMENT ONLY)	20 FEEL GOOD WELLNESS FRIDAYS (OPEN)	21
22 WORDS FROM THE HEART	23 NAVIGATION STATION DROP-IN (OPEN)	24 VIRTUAL VOLUNTEER CHECK-IN 3:00 PM	25	26 HEALING THROUGH THE HOLIDAYS 6:30 PM  DISTANT REIKI HEALING (APPOINTMENT ONLY)	27 FEEL GOOD WELLNESS FRIDAYS (OPEN)	28 HEARTS FOR HOSPICE DROP-OFF (TBD)
29 WORDS FROM THE HEART	30 NAVIGATION STATION DROP-IN (OPEN)					

# DECEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 PARENT SUPPORT GROUP (CLOSED)  DISTANT REIKI HEALING (APPOINTMENT ONLY)	4 FEEL GOOD WELLNESS FRIDAYS (OPEN) SUPPLY DROP-OFF (BASED ON AVAILABILITY)	5
6 WORDS FROM THE HEART	7 NAVIGATION STATION DROP-IN (OPEN)	8	9	10 CAREGIVER DROP-IN VIRTUAL SUPPORT GROUP (CLOSED)  DISTANT REIKI HEALING (APPOINTMENT ONLY)	11 FEEL GOOD WELLNESS FRIDAYS (OPEN)	12 CARE PACKAGES DROP-OFF (TBD)
13 WORDS FROM THE HEART	14 NAVIGATION STATION DROP-IN (OPEN)	15 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED)	16 VIRTUAL VOLUNTEER CHECK-IN 2:00 PM	17 PARENT SUPPORT GROUP (CLOSED) STORYTIME (OPEN) DISTANT REIKI HEALING (APPOINTMENT ONLY)	18 FEEL GOOD WELLNESS FRIDAYS (OPEN)	19
20 WORDS FROM THE HEART	21 NAVIGATION STATION DROP-IN (OPEN)	22	23	24 CAREGIVER DROP-IN VIRTUAL SUPPORT GROUP (CLOSED)  DISTANT REIKI HEALING (APPOINTMENT ONLY)	25  CHRISTMAS DAY (OFFICE IS CLOSED)	26 CARE PACKAGES DROP-OFF (TBD)
27 WORDS FROM THE HEART	28 NAVIGATION STATION DROP-IN (OPEN)	29	30 COFFEE CORNER DROP-IN GRIEF SUPPORT (OPEN)	31 PARENT SUPPORT GROUP (CLOSED)  DISTANT REIKI HEALING (APPOINTMENT ONLY)		

*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*

**VIRTUAL VOLUNTEER CHECK-IN**—We value our volunteers and do our best to support them in supporting our community. This is our own wellness check to ensure our team is doing okay too. For more information contact volunteer services at [volunteerservices@hospicevaughan.com](mailto:volunteerservices@hospicevaughan.com)

**VIRTUAL SUPPORT GROUPS**—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](mailto:sean@hospicevaughan.com) or at ext. 208.

**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](mailto:racheld@hospicevaughan.com) or at ext. 203.

**ON-SITE GRIEF SUPPORT GROUPS**—We invite parents and guardians to connect with one another for support. For more information, please contact Wendy, Manager of Hospice Services at [wendy@hospicevaughan.com](mailto: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 volunteer services at [volunteerservices@hospicevaughan.com](mailto:volunteerservices@hospicevaughan.com)

**HEARTS FOR HOSPICE CARE PACKAGE PROGRAM**—Care packages of different activities and supplies will be given to clients and their loved ones. We strive to foster compassion and resilience, while reducing social isolation in the community with each delivery. For more information, contact Hospice Vaughan at (905) 850-6266.

**STORYTIME**—Come join us online for a virtual telling of some of our favorite picture books. We will be exploring important topics through a story of the month as well as an activity you can do in the comforts of your own home. For more information contact Sarah Brown, Graduate of Psychotherapy at [sarahb@hospicevaughan.com](mailto:sarahb@hospicevaughan.com) or at ext. 213.

**VIRTUAL EDUCATION**—Different members of our care team will be connecting with you to provide information on different topics of interest. Registration is required for all events except 'Words from the Heart'. For more information contact Hospice Vaughan at (905) 850-6266.

**FEEL GOOD WELLNESS FRIDAYS**—Feeling a little bit restless? Check out our social media 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 volunteer services at [volunteerservices@hospicevaughan.com](mailto:volunteerservices@hospicevaughan.com)

*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.*