

FEBRUARY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL MEDITATION AND STRETCHING 2:00	3 VIRTUAL YIN-YOGA 2:00 PM	4 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	5 FEEL GOOD WELLNESS FRIDAYS (OPEN)	6
7	8	9 VIRTUAL VOLUNTEER CHECK-IN 11:00 AM GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED)	10	11 DISTANT REIKI HEALING (APPOINTMENT ONLY)	12 FEEL GOOD WELLNESS FRIDAYS (OPEN)	13
14	15 FAMILY DAY (OFFICE IS CLOSED)	16 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL MEDITATION AND STRETCHING 2:00	17 VIRTUAL YIN YOGA 2:00 PM	18 STORYTIME (OPEN) PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	19 FEEL GOOD WELLNESS FRIDAYS (OPEN)	20
21	22 NAVIGATION STATION DROP-IN (OPEN)	23 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED)	24	25 DISTANT REIKI HEALING (APPOINTMENT ONLY)	26 FEEL GOOD WELLNESS FRIDAYS (OPEN)	27
28						

*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*

MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL MEDITATION AND STRETCHING 2:00	3 VIRTUAL YIN YOGA 2:00 PM	4 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	5 FEEL GOOD WELLNESS FRIDAYS (OPEN) SUPPLY DROP-OFF (BASED ON AVAILABILITY)	6
7	8 NAVIGATION STATION DROP-IN (OPEN)	9 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL VOLUNTEER CHECK-IN 11:00 AM	10	11 DISTANT REIKI HEALING (APPOINTMENT ONLY)	12 FEEL GOOD WELLNESS FRIDAYS (OPEN)	13 HEARTS FOR HOSPICE DROP OFF
14	15 VIRTUAL MARCH BREAK CAMP NAVIGATION STATION DROP-IN (OPEN)	16 GRIEF ADULT VIRTUAL SUPPORT GROUP (CLOSED) VIRTUAL MEDITATION AND STRETCHING 2:00 VIRTUAL MARCH BREAK CAMP	17 VIRTUAL YIN YOGA 2:00 PM VIRTUAL MARCH BREAK CAMP	18 CAREGIVER DROP-IN VIRTUAL SUPPORT GROUP (CLOSED) STORYTIME (OPEN) PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY) VIRTUAL MARCH BREAK CAMP	19 FEEL GOOD WELLNESS FRIDAYS (OPEN) VIRTUAL MARCH BREAK CAMP	20
21	22 NAVIGATION STATION DROP-IN (OPEN)	23	24	25 DISTANT REIKI HEALING (APPOINTMENT ONLY)	26 FEEL GOOD WELLNESS FRIDAYS (OPEN)	27 HEARTS FOR HOSPICE DROP OFF
28	29 NAVIGATION STATION DROP-IN (OPEN)	30 VIRTUAL MEDITATION AND STRETCHING 2:00	31 VIRTUAL YIN YOGA 2:00 PM			

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APRIL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	2 GOOD FRIDAY (OFFICE IS CLOSED)	3
4	5 NAVIGATION STATION DROP-IN (OPEN)	6	7	8 DISTANT REIKI HEALING (APPOINTMENT ONLY)	9 FEEL GOOD WELLNESS FRIDAYS (OPEN)	10 HEARTS FOR HOSPICE DROP-OFF
11	12 NAVIGATION STATION DROP-IN (OPEN)	13 VIRTUAL VOLUNTEER CHECK-IN 11:00 AM GRIEF ADULT VIRTUAL SUPPORT CHECK-IN VIRTUAL MEDITATION AND STRETCHING 2:00	14 VIRTUAL YIN YOGA 2:00 PM	15 PARENT SUPPORT GROUP (CLOSED) STORYTIME (OPEN) DISTANT REIKI HEALING (APPOINTMENT ONLY)	16 FEEL GOOD WELLNESS FRIDAYS (OPEN)	17
18	19 NAVIGATION STATION DROP-IN (OPEN)	20	21	22 DISTANT REIKI HEALING (APPOINTMENT ONLY)	23 FEEL GOOD WELLNESS FRIDAYS (OPEN)	24 HEARTS FOR HOSPICE DROP-OFF
25	26 NAVIGATION STATION DROP-IN (OPEN)	27 VIRTUAL MEDITATION AND STRETCHING 2:00	28 VIRTUAL YIN YOGA 2:00 PM	29 PARENT SUPPORT GROUP (CLOSED) DISTANT REIKI HEALING (APPOINTMENT ONLY)	30 FEEL GOOD WELLNESS FRIDAYS (OPEN)	

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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 Ashley, Manager of Volunteer Services volunteerservices@hospicevaughan.com or at ext. 209.

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 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 Mikaela or Chris, Support Care Navigator at hospiceservices@hospicevaughan.com or (905)-850-6266 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 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. For more information, contact Ashley, Manager of Volunteer Services at volunteerservices@hospicevaughan.com or at ext.209.

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 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 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 Ashley, Manager of Volunteer Services volunteerservices@hospicevaughan.com or at ext.209.

YIN YOGA CLASS- Yin is a meditative practice designed to promote feelings of openness, relaxation, and self-awareness in body, mind and soul. Yin yoga is a slower-paced practice that targets deep connective tissue like joints, ligaments, and fascia. For more information, contact Sarah at sarahb@hospicevaughan.com or at ext. 213.

MEDITATION AND STRETCHING- This class will focus on the practice of pranayama. This is a Sanskrit word and is usually translates as, "Science of Breath".

Pranayama has the ability to restore, revitalize and reenergize the entire body. For more information, contact Sarah at sarahb@hospicevaughan.com or at ext. 213.

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.