

Hospice Bereavement Care

Contact: 416-847-4111

Bereavement Care Coordinator

Karina Rakhimova

krakhimova@schcontario.ca

416-642-9445 ext. 4420



Are you interested in
volunteering as a peer
support facilitator?
Call us to learn more.

SCHC General Information



Scarborough Centre for Healthy Communities



@SCHCONT

ask@schcontario.ca 416 642-9445

Bereavement groups and one to one meetings take place
at the mid-Scarborough HUB at Brimley & Eglinton.

There are no user fees.

Grief Support Groups

**Child Loss
Spousal/Partner Loss
Parent/ Sibling Loss**

- Meet one night a week for 2 hours
- Run for 8-10 weeks
- Closed, peer-facilitated groups of 6-8 people
- Offered 3 x per year: Fall, Winter, Spring
- Monthly, mixed loss, ongoing grief groups are also available

**Therapeutic Art workshops and Walking
Groups**

September 2016

What is Peer / Mutual Support?

Highly trained volunteers provide peer support to bereavement care clients. We believe that no one can understand the experience of a bereaved person better than someone who has walked a similar path. Mutual support is about sharing experiences, feelings and ideas with someone who has "been there".

Clients are matched with someone who shares a similar loss experience (i.e. the death of a spouse/partner or the death of a child) for individual and/or group support.

All clients will be professionally assessed and provided appropriate referrals internally or externally.

Workshops and Presentations

CSA's (community service organizations), hospitals, LTC facilities, CCAC, other SCHC departments and other service providers can contact us if interested in having someone come out to provide a workshop or presentation:

- What is Grief?
- What is Hospice?
- How to Support Someone Who is Grieving or Dealing with Anticipatory Grief?
- Information about Scarborough Centre for Healthy Communities Hospice & Caregiver Wellness Programs

How to Get Involved
Volunteering with SCHC

416-847-4127

volunteersupport@schcontario.ca

**the
Hub**
mid scarborough

 **SCARBOROUGH CENTRE FOR
HEALTHY COMMUNITIES**