

Programs & Services at a Glance Winter 2025

Type	Program	When	Times	Location	Information / Registration
Individual Support	Social Work Services / Grief & Bereavement Support	Monday - Friday	8:30am to 4:30am	In person at Doane House and Margaret Bahen Hospices	Please contact us at info@myhospice.ca or 905 967-0259 (dial "0") to book an appointment
	Art Therapy	Tuesdays, Wednesdays, & Fridays	8:30am to 4:30am	In Person at Doane House and Margaret Bahen Hospices	
	Recreation Therapy	Monday-Friday	8:30am to 4:30am	In Person at Margaret Bahen and Doane House Hospices	
Group Support	Afternoon Adult Grief Group - Winter	Wednesday (9 weeks from Jan 15)	2:00pm to 4:00pm	In Person at Doane House Hospice	Registration required Another group begins in spring
	Evening Adult Grief Group - Winter	Wednesday (9 weeks from Jan 15)	5:00pm to 7:00pm	In Person at Doane House Hospice	Registration required Another group begins in Spring
	Caregiver Support Group	Monday afternoons	2:00pm to 3:00pm	In Person at Margaret Bahen Hospice Kitchen	Registration required
	Oasis Group Program	Thursdays every week (Ongoing)	10:00am to 1:30pm	In Person at Doane House Hospice	For individuals diagnosed with a Life Limiting Illness Registration required
	Art Café for Teens 14-18 (Group)	PA Days	2:00pm to 4:00pm	In Person at Doane House Hospice	Drop Ins Welcome
	Art Studio (Group)	First Friday of Every Month	2:00pm to 4:00pm	In Person at Doane House Hospice	Drop Ins Welcome
	Death Café	Quarterly on Wednesday evenings	6:30pm to 8:30 pm	Virtual (Zoom) and In Person Doane House Hospice	Registration Required
	March Break Art Camp for Kids	March 10-14	Noon to 4:00 pm	In Person at Doane House Hospice	Register by February 28 to cgardner@myhospice.ca
Wellbeing	Healthy Body, Peaceful Mind (Sarah Feiner)	Fridays	11:00am to Noon	Online (Zoom)	Please call in advance and register for the program
	Mindfulness For Health (Rachel Kampf)	Wednesdays	11:00am to Noon	Online (Zoom)	For individuals diagnosed with a Life Limiting Illness DHH registered clients
	Hybrid Yoga (Annette Bradbury)	Tuesdays	9:30am to 10:30am	In Person + Via Zoom at Trinity United Church, Newmarket	DHH registered clients
	Walk and Talk	Wednesdays	2:00pm to 4:00pm	In Person at Fairy Lake, Newmarket	DHH registered clients
Creating Keepsakes	Memory Bears	Program runs all year	n/a	Program is based at Doane House Hospice	Contact Chrissie Flynn at cflynn@myhospice.ca Minimum \$45 donation per bear
Resources	Bereavement Correspondence	12 Monthly Emails Service runs all year	n/a	Program is based at Doane House Hospice	Open to all registered clients Contact Chrissie Flynn at cflynn@myhospice.ca

Doane House Hospice

Program & Service Descriptions

Adult Grief Group – This support group helps adults talk about their grief, learn from others and connect with people who have been through similar experiences. For more information, contact Anica Butters at abutters@myhospice.ca.

Art Café (New) - Making art is therapeutic. It can help us process grief and find ways to cope with the death of a loved one. The café is a free, casual, after school drop-in for youth (ages 14-18) experiencing grief and loss. These sessions coincide with PA days for high school students in York Region. For more information, contact Cynthia Gardner at cgardner@myhospice.ca.

Art Studio (New) - In addition to 1:1 Art Therapy, we are expanding our Art Therapy program to include a free monthly, 2- hour get-together focused on art-making and crafting. Bring projects you are already working on, or start a new one with our extensive array of art supplies. This is a wonderful opportunity to be creative and connect with others going through similar experiences. For more information, contact Cynthia Gardner at cgardner@myhospice.ca.

Art Therapy for Individuals - Art Therapy uses creativity and art making to help clients safely explore their grief and process difficult feelings. This approach focuses on creative expression in comparison to traditional talk-based psychotherapy methods. No artistic skill or talent is necessary, just a willingness to explore. For more information, contact Cynthia Gardner at cgardner@myhospice.ca.

Bereavement Correspondence – Doane House Hospice sends 12 emails (one per month) with resources and helpful information about grief and bereavement. For more information, contact Chrissie Flynn at cflynn@myhospice.ca.

Grief and Bereavement Support for Individuals - Our social worker / Grief and Bereavement Coordinator, provides regular 1:1 one-hour appointments in a safe and supportive environment for people coping with the illness or loss of a family member or friend. Monthly grief group events are also available. For more information, contact Anica Butters at abutters@myhospice.ca.

Caregiver Support Group – Informal weekly support group for all Caregivers. Sharing each other's experiences and giving each other ideas and support. In the kitchen at Margaret Bahen Hospice. For more information, contact Casey Pfenning at cpfenning@myhospice.ca. or Anica Butters at abutters@myhospice.ca

Healthy Body, Peaceful Mind – Provides weekly relaxation and visualization techniques for Doane House clients. For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca.

March Break Art Camp – (Register by February 28) - Week of March 10-14 from Noon to 4:00 pm. These five half days are dedicated for children ages 7 to 12 who are experiencing the loss of an important person in their lives. They coincide with the York Region District Public School Board's PA days. Using art and play, the camp facilitators will lead participants through activities designed to help them cope with difficult feelings, learn about grief, and connect with others going through the same experiences. Contact Cynthia Gardner at cgardner@myhospice.ca to register for the camp.

Doane House Hospice

Program & Service Descriptions

Memory Bears - This popular all year round program transforms a piece of clothing belonging to your loved one into a customized keepsake teddy bear. A minimum donation of \$45 per bear is suggested, to help cover the cost of materials. [To create a bear or for more information, contact Chrissie Flynn at cflynn@myhospice.ca](#).

Mindfulness For Health – Weekly, participants will explore their own journeys, including subjects such as self-esteem, body image, personal relationships, meaning and purpose, and manage difficult thoughts and emotions. [For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca](#).

Oasis Program - This weekly program is open to anyone coping with a life-threatening illness. Trained volunteers facilitate this group, supervised by professional staff. Activities and lunch are included. [For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca](#).

Recreation Therapy – Activity based interventions maintaining quality of life e.g. memory books, hand molds, gardening, music, animal visits. [For more information, contact Casey Pfenning at cpfenning@myhospice.ca](#).

Social Work Services – The social workers provide counselling and emotional support to clients and families. They also assist with the comfort and quality of life for people with a terminal diagnosis. [For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca or Anica Butters at abutters@myhospice.ca](#).

Visiting Volunteers – Our caring and trained volunteers provide valuable support for individuals and families. They visit clients in their homes, offering companionship, practical support and short-term relief for caregivers. They are also available to help with day-to-day needs, such as grocery shopping. [For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca](#).

Walk and Talk - This is a group that supports bereaved clients in a natural and informal setting. Led by trained bereavement volunteers, these weekly walks are a great way to meet others experiencing a significant loss. Experience connection and support while enjoying the great outdoors and natural beauty. Winter 2025 walks take place at Fairy Lake in Newmarket. [For more information, contact Anica Butters at abutters@myhospice.ca](#).

Walk and Talk - Starting Spring 2025 Guided Forest Walks – These weekly walks begin at the Bill Fisch Forest Stewardship and Education Centre in the York Region Forest. They are inspired by the practice of forest therapy – also known as forest bathing – and offer a unique opportunity to connect to the healing power of nature. This facilitated journey closes with a reflective tea ceremony. [For more information, contact Anica Butters at abutters@myhospice.ca](#).

Hybrid Yoga – These weekly in-person/virtual via zoom yoga sessions are designed to help clients reduce stress, relax the mind, improve balance and find joy. [For more information, contact Susanne Urzendowsky at surzendowsky@myhospice.ca](#).

Death Café – A Death Café is a group directed discussion of death, with no agenda, objectives or themes. It is a discussion group, not a support group or counselling session. It's a respectful, life affirming, thought provoking conversation about a topic that is often shied away from. [For more information, contact Chrissie Flynn at cflynn@myhospice.ca](#)