



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

EVERY WEDNESDAY
TIME: 10:30 am to 12:00 pm

DAY HOSPICE PROGRAM



Key Information

Duration: 8 Weeks

Start Date: Oct 18 – Dec 6, 2023

Time: 10:30 am to 12:00 pm

Where: In person: HUB-2660
Eglinton Ave E.

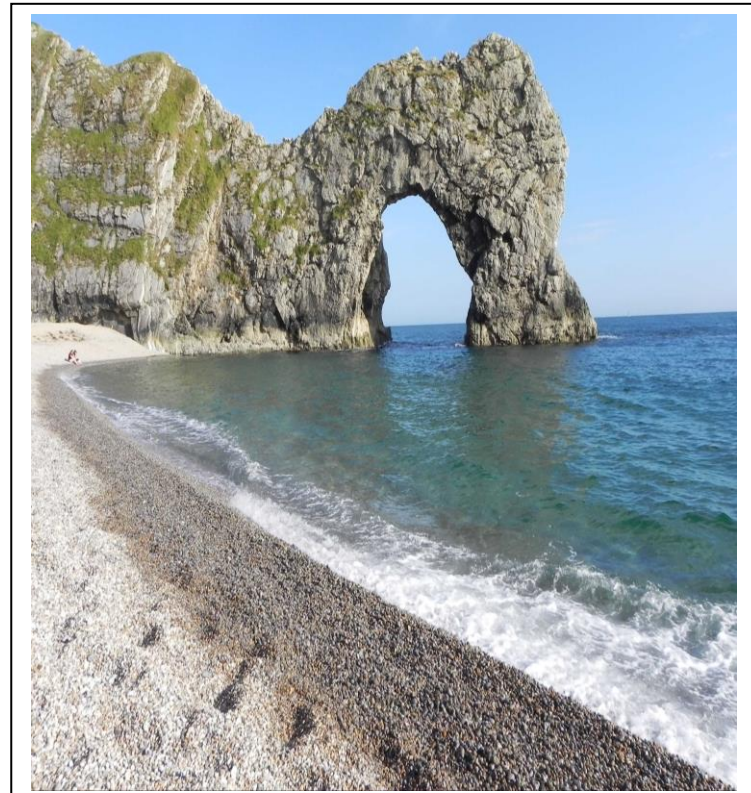
Registration Required

Note: ZOOM link will be provided to registered participants only

What to Expect

- * Join others living with a life-limiting illness and be part of a peer facilitated support group
- * Feel seen, heard and safe
- * Have meaningful exchanges
- * Visit interesting, fun places virtually
- * Connect with people who understand

Join our virtual Day Hospice, an opportunity for a change to the regular routine, sharing, fun, conversation and finding meaning in daily living.



For more information and to register, contact **Susan**, Palliative Care Coordinator:
416-642-9445, **Extension 4419** or hpcvolcoordinator@schcontario.ca



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

EVERY **MONDAY**
3:30 pm – 5:00 pm

VIRTUAL CAREGIVER PROGRAM

What to Expect

A safe place to be heard
Share challenges of caregiving
Learn about resiliency and empathy
Experience presence with other caregivers.



Key Information

Duration: 8 Weeks

Start Date: Oct 16 – Dec 6, 2023

Time: 3:30 pm – 5:00 pm

WHO: Scarborough residents, 18 years of age and over and their families/caregivers

WHERE: Virtual with Zoom
Registration Required

Note: ZOOM link will be provided to registered participants only



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