

Sharing & Caring

If the person who has died is a former Hospice client, we will keep in touch with the surviving family member or friend/partner for up to a year.

Grief support is also available to individuals who have lost someone and have had no previous contact with Hospice Muskoka.

Hospice Volunteers are available for one to one non-professional grief support. That shoulder to lean on when it seems no one understands or others are urging you to “get on” with your life.

There is a lending library of insightful grief and bereavement resources available at Hospice Muskoka located at 13 Manitoba Street, Bracebridge

Knowledgeable speakers are available for presentations to professional and community groups on a wide array of grief and bereavement subjects.

When talking about your loss doesn't seem to be helping there are referrals to grief counsellors and other bereavement support programs

Grief Support Program

A great first step to healthy grieving, Reverend Kevin Loggie and grief therapist Sue Mullen-Gibson co-facilitate a seven-week program covering the subject of grief at Bracebridge United Church in the spring and fall.

The group is non-denominational and open to any person coming to terms with the loss of a loved one. Through the program, participants learn about grief and have an opportunity to share and feel the support of others who have similar experiences.

Six Simple Weeks (runs for six consecutive weeks)

A natural follow-up to the grief support program or helpful on it's own. A unique self-support program for individuals experiencing loss such as widows, parent who have lost children, parents of still-born babies or those who have died shortly after birth, siblings and close relatives or friends.

This unique curriculum will give you ideas and activities to help you work through your grief.

There is lots of sharing and support from others who have had similar grief experiences.

Tools for Tots & Teens

A special six-week grief support program for young people aged 8-12, 13-16, or 17-23 years that involves expressive art therapy.

The program is ideal for youth who may have lost family or friends, either suddenly, through trauma or violence, or after a prolonged illness.

Young people find it difficult to work through their loss or articulated their feelings. Expressive Arts uses different modalities such as imagery, painting, drawing, sculpting, movement, music, play, drama, poetry and more to help youth express themselves.

Young people who may be anticipating the death of a loved one diagnosed with a terminal illness are also welcome

Free for all Program

First Wednesday of the month drop in at Hospice Muskoka, 29 Manitoba Street, Bracebridge between 2:00 p.m. and 4:00 p.m.

This program offers a special place to come for coffee, cookies, comfort, fun, fellowship and support.

A facilitator will always be there to talk to.

A time for sharing with others who understand what you have been through.

Fun and Fellowship

Whatever helps you