

## Programs and Services at a Glance 2026

Type	Program	When	Times	Location	Information / Registration
Individual Support	<b>Social Work / Social Service Work / Grief &amp; Bereavement Support</b>	Monday - Friday	8:30am to 4:30am	In person at Doane House and Margaret Bahen Hospices	Please contact us at <a href="mailto:info@myhospice.ca">info@myhospice.ca</a> or 905 967-0259 (dial "0") to book an appointment or referral by fax 905-967-0259
	<b>Art Therapy</b>	Tuesdays, Wednesdays, and Fridays	8:30am to 4:30am	In Person at Doane House and Margaret Bahen Hospices	
	<b>Recreation Therapy</b>	Monday - Friday	8:30am to 4:30am	In Person at Margaret Bahen and Doane House Hospices	
Group Support	<b>Afternoon Adult Grief Group</b>	Wednesdays (Starting in January)	2:00pm to 4:00pm	In Person at Doane House Hospice	Registration required
	<b>Evening Adult Grief Group</b>	Wednesdays (Starting in January)	5:00pm to 7:00pm	In Person at Doane House Hospice	Registration required
	<b>Oasis Group Program</b>	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
	<b>Death Café</b>	Quarterly on a Wednesday evenings	6:30pm to 8:30 pm	Mix of Virtual and In Person Doane House Hospice	Registration required
	<b>March Break Art Camp for Grieving Children</b>	March 16 – 20	1:00 to 4:00 pm	In Person at Doane House Hospice	Register by March 10th to <a href="mailto:cpfennig@myhospice.ca">cpfennig@myhospice.ca</a>
	<b>July Art Camp for Grieving Children</b>	5 days of the week in July (dates TBC)	1:00 to 4:00 pm	In Person at Doane House Hospice	Register by June 23 <sup>rd</sup> to <a href="mailto:cgardner@myhospice.ca">cgardner@myhospice.ca</a>
	<b>Mindfulness For Health (Rachel Kampf)</b>	Wednesdays	11:00am to Noon	Virtual (Zoom)	For individuals diagnosed with a Life Limiting Illness DHH registered clients
	<b>Hybrid Yoga (Annette Bradbury)</b>	Tuesdays	9:30am to 10:30am	In Person + Via Zoom Trinity United Church, Newmarket	Open to all registered clients
	<b>Walk and Talk</b>	Thursdays (weather permitting)	2:00pm to 3:00pm	In Person at Fairy Lake, Newmarket	Open to all registered clients
Creating Keepsakes	<b>Memory Bears</b>	Program runs all year	Individual appointments	Program is based at Doane House Hospice	Contact Chrissie Flynn at <a href="mailto:cflynn@myhospice.ca">cflynn@myhospice.ca</a> Minimum \$45 donation / bear
Resources	<b>Bereavement /Caregiver Correspondence</b>	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 <a href="mailto:cflynn@myhospice.ca">cflynn@myhospice.ca</a>
Caregiver support	<b>In-home and group support</b>	Program runs all year	Individual appointments	In-home or at Doane House	Open to all registered clients contact Sandy Meekings <a href="mailto:smeekings@myhospice.ca">smeekings@myhospice.ca</a>