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March Newsletter

Caregiving Month approaches!

April is Caregiving month! In anticipation, we are highlighting resources for caregivers, by caregivers.



More than 8 million family and friend caregivers in Canada are providing care in the home. Most caregivers will feel unprepared and overwhelmed at some point.

CaregiversCAN is a free, online resource to support caregivers with:

- Strategies for difficult conversations
- Video demonstrations of caregiving tasks
- Guidance for recognizing and managing symptoms
- Suggestions for accessing programs and services
- Ways to care for yourself

[Learn more](#)

Research: IncludeMe™ - A starting point for dementia caregivers

Led by the SE Research Centre, IncludeMe™ is an online and interactive educational experience that prepares Canadians facing caregiver responsibilities for someone living with dementia. The online, scenario-based training is free, accessible, and includes practical, downloadable resources. The entire program takes about 60-90 minutes to complete.

[Register](#)

What's new

Grief Chats Q&A

April 8, 2024, Virtual

Join grief specialists Maxxine Rattner (MSW, PhD) and Marney Thompson (MA) as they host Grief Chats Q&A – a free monthly webinar where they will respond to your questions about loss and grief. If you have questions for discussion you would like to submit in advance, please click the link below.

Grief Chats Q&A are held at 8:30 pm ET / 5:30 pm PT, on the second Monday of each month.

Financial contribution from



Health Canada Santé Canada

[Submit question](#)

[Register](#)

KidsGrief Q&A April

April 16, 2024, Virtual

Join children's grief specialists Andrea Warnick, Colleen Mousseau, and Nicola Elbro as they answer your questions.

[Register](#)

How to be kinder to yourself

Presented by Champlain Hospice Palliative Care Program, this video focuses on how you can practice self compassion.



Mariposa House Hospice receives award

Congratulations to the Mariposa House Hospice, recipients of the 2023 Non-Profit or Charitable Organization Award in recognition of their positive contribution to society awarded by the Orillia District Chamber of Commerce at their annual awards ceremony in February.

Article: *Managing estranged relationships at the end of life*

Written by Cory Ingram, MD, et al., Mayo Clinic, this case study explores how hospices approach the challenges that arise when patients at end-of-life have estranged relationships with their families or support systems.

[Read more](#)

Article: *Perspectives of Canadian health leaders on MAiD and palliative care*

In this qualitative study, Gilla Shapiro, PhD, et al., University of Toronto, examine the perspectives of health leaders across Canada on the relationship between MAiD and palliative and end-of-life care services and identify opportunities to coordinate services. Study findings have implications for

improving policy development and clinical practice across Canada and informing policy in other jurisdictions considering MAiD.

[Read more](#)

Position statement on physician wellness

In this document, the Canadian Society of Palliative Care Physicians describes their commitment to support policies that prevent burnout, build resilience, foster work-life balance, and develop a culture of wellness within healthcare systems.

[Learn more](#)

Article: Investing in bereavement care as a public health priority

The transitional bereavement care model proposed by Wendy Lichtenthal, PhD, et al., Miami Miller School of Medicine, in this study recognizes that healthcare systems have finite resources but also notes their responsibility to build bridges to and bolster community supports.

[Read more](#)

New Jersey requires grief instruction for teens in public schools

“It is my hope that prioritizing the teaching of grief and loss in schools will provide students with the tools and resources they need to cope with the challenges of life.” – Governor Phil Murphy

Earlier this year, New Jersey Governor Phil Murphy made it an obligation under the law for state public schools to include grief in their health and physical education classes for students in grade 8 to grade 12.

[Read more](#)

In the news

[Documentary explores relationship between father and daughter as she donates a kidney](#) - CBC

[The Fall: My once-vibrant dad emerged broken from the hospital. Then he was gone.](#) - Ottawa Citizen

[Ontario couple denied \\$24K refund for cemetery plot in city they no longer live in](#) - Toronto News

[Cat Janice, singer who went viral for dedicating last song to young son, dies at 31](#) - Today

Webinar recordings

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar and Facebook Live event

8:30 pm ET
Mar. 11

Visit www.canadiangriefalliance.ca for more information and to register for future sessions.

SPEAKERS:

Marney Thompson, MA
Victoria Hospice Bereavement Services

Maxxine Rattner, PhD, RSW
Canadian Grief Alliance

CANADIAN VirtualHospice

Canadian Grief Alliance

Health Canada Santé Canada

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virtualhospice.ca

The recording of the Canadian Grief Alliance's March Grief Chats Q&A is now available. Grief specialists Maxxine Rattner (PhD, RSW) and Marney Thompson (MA) hosted this live event on Mar. 11, 2024.

Events, workshops, and calls for abstracts

Indigenous perspectives on MAiD

Date: April 9, 2024, and more | Location: Virtual

Mahihkan Management is pleased to be hosting a series of dialogue sessions across Canada with Indigenous Peoples on medical assistance in dying

(MAID). The goal of this engagement is to create a space to hear the unique and diverse views and perspectives of First Nations, Inuit and Métis on end-of-life care and MAID.

[Learn more](#)

Compassionate Care 2024 Workshops

Date: April 12, 2024, and more | Location: Virtual

Presented by the Pregnancy and Infant Loss Network, the following virtual workshop is open for registration.

[PAIL Network Hosted Compassionate Care Workshop](#) - April 12, 2024

The following virtual workshops are available for health and service professionals who are either employed by a government-funded organization or who are members of a licensed, regulated profession in Ontario. Students of these professions are also welcome to attend.

- April 12, 2024 - [Register](#)
 - **Password:** PAILCCW
- January 17, 2025 - [Register](#)
 - **Password:** PAILCCW
- February 7, 2025 - [Register](#)
 - **Password:** PAILCCW
 - *Must work in the Emergency Department to attend.

Call for Abstracts: Palliative Care Education & Research Conference

Deadline: April 4, 2024

Abstract submissions for the Palliative Care Education & Research Conference are now open. The conference's theme is "Compassion & Hope" with the conference being held virtually October 21, 2024.

[Learn more](#)

2024 BON Conference

Date: April 25, 2024 and more | Location: Virtual

The 2024 portion of the BON conference will take place virtually on April 25,

2024, and June 13, 2024. Learn more or register on the BON website. The conference theme is *Change, Transition, and Transformation: Healing after Loss*. Learn more or register on the BON website.

[Register](#)

Annual Palliative Outcome Scale Training Days

Date: May 1 to 2, 2024 | Location: Hybrid

Hosted by the Cicely Saunders Institute at King's College London and the Hull York Medical School, this hybrid event offers the opportunity to learn about the POS family of measures, discover new developments in palliative care outcomes measurement, and collaborate with like-minded clinicians and researchers from around the world.

[Register](#)

Supportive Care Update Conference

Date: May 9, 2024 | Location: Virtual

This virtual event, hosted by the Department of Supportive Care at the University Health Network, will highlight 10 new studies/topics from the last 12 months through 40-minute virtual lectures. All updates will be education-focused, evidence-based, clinically applied, and relevant to those working and learning within supportive care.

[Register](#)

Walk to Remember

Date: June 2, 2024 | Location: Ontario

Pregnancy and Infant Loss Network volunteers will be hosting events in several locations across Ontario on Sunday June 2, 2024 from 10 am – 12:30 pm. Families are invited to the 3-5 km.

[Learn more](#)

Support groups and camps

Leukemia & Lymphoma Society of Canada: Prairies Virtual Support Group

Date: April 9, 2024, and more | Location: Virtual

This virtual support group is open to those diagnosed with all types of blood cancer and survivors. This group will be professionally facilitated by a social worker with Cancer Care Manitoba.

[Register](#)

Death of a parent conversation cafe

Date: April 10, 2024 | Location: Ontario

Join Nightingale Centre for Grieving Children, Youth, and Families for a series of conversations about different losses. Attend a free, in-person conversation at the Guelph Public Library East Branch and take an opportunity to talk about the impact that grief has had on your life. Hear from and connect with people who share a similar lived experience and learn where others found support, how they coped, managed, and grew in their grief.

[Register](#)

Ontario summer grief camps

Several organizations are offering youth grief camps this year! Check out the options below.

- [Toronto area](#)
- Hamilton area - [Camp Keaton](#)
- Peterborough and region - [Camp Kerry](#)
- [Barrie area](#)
- Ennismore area - [Camp Skein](#)

Camp Bridges 2024

Date: May 24 to 25, 2024 | Location: Circle Square Ranch

Camp Bridges is a free bereavement camp, for children 7-15 years old, who have experienced the death of someone close to them. Camp Bridges provides a safe environment where the campers have opportunities to interact and share their feelings with other children in similar circumstances.

[Register](#)

New Circles of Support Group

The Pregnancy and Infant Loss Network offers peer support for all types of pregnancy and infant losses in a confidential environment, facilitated in person by trained peer support volunteers with a shared lived experience of loss.

[Learn more](#)

Myra's Kids Foundation Family Camp 2024

Date: June 15, 2024 | Location: John Abbott College

This Family Camp is designed to provide families with a unique one-day opportunity to come together, share, and heal. This free camp is for families with children (5 years old +) who have experienced the death of someone close to them.

[Register](#)

We'd love to hear from you!

[Place an order](#) for free printed materials, bookmarks, and tissues

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[Inquire about webinars](#) presented by our interdisciplinary team

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