

**SPIRITUAL CARE**

At Bridgepoint Health we recognize that your health care involves your body, your mind and your spirit.

You do not need to be a religious person to have a rich spiritual life. Spirituality is that part within each of us which longs for meaning and purpose, integrity, dignity, love, acceptance and hope. We encourage and support you to access your own spiritual resources in the process of learning to live well. While you are here you may discover a desire to return to spiritual practices that have been helpful to you in the past, or you may want to explore new ways of expressing your spirituality. You are warmly invited to speak to a Spiritual Care Professional about any of your spiritual joys or concerns.

**We can help you:**

* Explore the meaning of illness, suffering and life transitions
* Work through concerns related to grief and loss
* Connect to faith communities and multi-faith visitors
* Celebrate sacred rituals or sacraments
* Explore opportunities for prayer and meditation
* Discuss concerns about moral and ethical decisions

**Spiritual services available to all:**

* **Sacred Space (Room 5.135)**a quiet space for prayer and meditation open 24/7
* **Labyrinth** – Thursday

2:00 – 3:00 facilitated walks (weather permitting)

* **Sunday services –**

**10th floor auditorium:**

 **Ecumenical Service –** Sunday 11 am

**Main Floor Auditorium:**

 **Roman Catholic Mass –** Sunday 2:30 pm

**Contact Information**

For more information on spiritual care at Bridgepoint Hospital, please speak with a member of your care team, or contact us directly:

**Spiritual Care Department:**

Bridgepoint Health

416-461-8252 X 2100

Lecia Kiska

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