**Spiritual Care**

Department

Spiritual Care Practitioners offer individualized spiritual support based on the core beliefs and values of patients and families. They provide psychotherapeutic support that includes emotional support, psycho-education, initial trauma and grief counselling, support in ethical discernment, and when requested, prayers and rituals.

We also specialize in addressing spiritual distress, defined as overwhelming sense of unrelieved suffering that happens when one’s sense of meaning, purpose, connection, hope or identity is acutely challenged.

Spiritual Care Programs include:

* Sacred Space (Room 5.135), a quiet space for prayer and meditation open 24/7
* Labyrinth – Main floor north doors - Thursday 11:30-1:00 facilitated walks
* Ecumenical Services – Sunday 11 am
* Roman Catholic Mass – Sunday 2:30 pm
* Celebration of Jewish High Holidays
* Weekly religious volunteer visitors
* Bi-annual Memorial Service
* Trauma Peer Support visits
* Mindfulness meditation group for staff
* Staff Debriefs

*The health care we want to provide for the people we serve must be safe, high quality, accessible, person- centered. It must be a team effort. No single health profession can achieve this goal alone.*

*Carol A. Aschenbrener*