

Simcoe Muskoka Drug Strategy – Expander Bar Updates

Increasing Access to Bereavement Supports 2025 Updates

December 2025:

Street Health Community of Practice continues to meet monthly, providing a variety of different networking opportunities among members. Discussion focuses on:

- Maximizing access to health services for people experiencing homelessness
- Leveraging existing programs/resources
- Looking for funding opportunities for future programs.

Contact Amy, at amy@hospicesimcoe.ca for more information.

October 2025:

A. Pritzker provided a presentation and lead discussion related to Compassion on the Streets: A Palliative Approach to Care recognizing that palliative care is really living well for as long as possible through a holistic approach; social care; social, emotional spiritual and psychological support; community involvement; symptom management; legacy; death preparedness; family and carer support.

An invitation was extended for members to participate in the Street Health Community of practice by contacting amy@hospicesimcoe.ca or by participating in education available:

- Bereavement 101 (virtual)
 - October 27th, November 3rd (both dates)
- Bereavement 102 (Stress, Trauma and Grief)
 - November 24th
- Bereavement 103 (A Conversation about Hope)

June 2025:

Hospice Simcoe in partnership with Ontario Health are hosting a Barrie Street Health Symposium on Monday June 23, 2025, at the MacLaren Art Centre. More information and registration is available at: <https://forms.office.com/r/eWWam4AW56>.

February 2025:

As part of the commitment to building a compassionate community where we can support one another through grief, loss, and dying, Hospice Simcoe is offering bereavement workshops to our

community partners. Bereavement 101 is free of charge, and Bereavement 102 is available for a nominal fee of \$30/pp.

NEW: Bereavement 103 will be offered in late Spring 2025

Bereavement 101 – offered virtually (FREE)

When: Friday, March 21st - 9:30am - 4:30pm AND Friday, March 28th - 9:30am - 12:30pm

Hospice Simcoe's Clinical Coach, Amy Pritzker, MSW RSW, is happy to offer "Grief & Bereavement 101" to individuals who work or volunteer in Hospice Palliative Care or Social Services.

When we work with people, no matter our role, we are often confronted with grief and loss. This **two-part training** will address some of the basics of grief, including debunking common myths and misconceptions, supporting a grieving person, and what to do when grief gets messy. **Delivered virtually**, this interactive workshop includes videos and reflective exercises. It offers an opportunity to explore grief and loss through the lens of our own experiences and the stories of others.

Please note that this training does involve self-reflection on one's relationship with death, dying, grief and loss. We encourage participants to create a self-care plan and to structure their environment in a way that will best support them while talking about difficult subject matter.

If you are interested in attending, please register with Amy directly to hold your spot: amy@hospicesimcoe.ca

Bereavement 102 – offered virtually (\$30/pp)

When: Thursday, April 3rd - 9:30am - 4:30pm

For several years, we've seen an increase in traumatic bereavement from suicide, overdose and other sudden deaths. Losing someone in your life is always tricky, but when trauma (either past or present) intersects with grief, navigating the mourning process becomes even more complicated.

Building upon the foundation of Bereavement 101, Hospice Simcoe is offering Bereavement 102: Taking it Deeper. Delivered by Clinical Coach Amy Pritzker, MSW, RSW, this interactive, one-day session explores the intersection of stress, trauma, and grief. Specific attention will be given to the impact of traumatic loss on mourners. Attachment theory will also be discussed, specifically how attachment impacts the grief experience and our ability to support a grieving person.

Prerequisite: Bereavement 101

If you are interested in attending, please register with Amy directly to hold your spot: amy@hospicesimcoe.ca