HOSPICE MISSISSAUGA

4 Together Always, a Lasting Gift

6 You Don't Have to Grieve Alone

7 Helping Children and Youth Understand Loss

8 Inside the New Hospice Centre









CEO Kitrina Fex on the First Day of Construction at our New Hospice Centre



Volunteer Taya Promoting Our Moments Campaign



40 Years of Support

A dream built on moments of impact is what has taken place this year thanks to our caring staff, volunteers, donors and those who trust us to support them.

Forty years ago, a dream was born at the Bennett dining room table. This past year we celebrated the thousands of lives impacted by the work started then and that continues today.

Trees *of* Remembrance

This holiday season, we invite you to our Trees of Remembrance, a meaningful community display honouring those who are no longer with us.

Add a name, memory, or message to the trees, take a quiet moment to reflect, and remember someone special during a season when grief can feel especially present.

November 19 – January 8

Sherwood Village Mall
2225 Erin Mills Pkwy, Mississauga

Your Holiday Gift Will Be Matched!

LONGO FAMILY FOUNDATION

See page 14

What's the Difference?
Hospice and Palliative Care Explained

Hospice palliative care helps reduce suffering and improve quality of life. It looks at the whole person, not only their illness. Care can include physical comfort, emotional support, social connection, spiritual care and practical help. Family members and caregivers can also receive support, including opportunities for respite.

Palliative care can be provided at much earlier stages of an illness journey and can be provided alongside other treatments. The goal is to support what matters to each person and help them have as much comfort, choice and quality of life as possible.

Hospice care supports people nearing the end of life, often with an estimated life expectancy of six months or less. Providing comfort through pain and symptom management, preserving dignity by respecting personal wishes and choices, and enhancing quality of life through emotional, spiritual,

Hospice is also for the people who care for someone who is ill. It can provide information, connection and support before and after a death.



and practical support for individuals and their loved ones who can receive their own supports before and after death.



At Hospice Mississauga, support reaches beyond end-of-life care. Community care includes hospice counselling, grief and bereavement support, children and youth services, wellness programs, spiritual care, Social Connections, volunteer support and Care Navigation. Last year, Hospice Mississauga supported 1,141 unique clients through thousands of moments of care and support.

85% of people want to die at home, and for forty years we have provided care in home, hospital or other places that a client calls home. With the opening of The Welton Centre for Hospice Palliative Care in late 2027, we will soon offer On-Site private hospice suites for those who choose to, or cannot stay in their home. Hospice is about providing choice.

Hospice is not about taking away hope. It is about changing what we hope for: comfort, meaningful moments, dignity, connection and putting life into the days that remain.

HOSPICE MYTH:

Hospice is only for the final days of life.

FACT:

Palliative care can be provided at much earlier stages of an illness journey and can be provided alongside other treatments. The goal is to support what matters to each person and help them have as much comfort, choice and quality of life as possible.



Join our community

Volunteer | Donate
Attend an Event

hospicemississauga.ca

Life Without Hospice?

Government funding does not cover the full cost of hospice care. Donations help bridge this gap, ensuring that individuals and families across Mississauga can access the compassionate care and support they need during serious illness, dying and grief.

Without a Hospice and its programs, a neighbour with cancer may spend her final weeks in isolation, in progressive physical decline and loss of cognitive clarity resulting in the inability to complete simple chores, maintain good hygiene and effectively manage her medication. She may die alone, or in a busy hospital.

A husband caring for his wife at home with a lack of community support and guidance may face impossible choices like risking their housing by taking time off work, exhausting savings, while watching her pain go unmanaged because there is no hospice support to help.

Daughters, sons, spouses, parents and even grandparents may grapple with feelings of fear, exhaustion, guilt, loss and grief without support; putting more stress on what is already often an overwhelming experience.

Without a dedicated hospice centre, emergency rooms fill with people who need comfort, not machines.

Without hospice, we all bear the cost - emotionally, socially and financially.

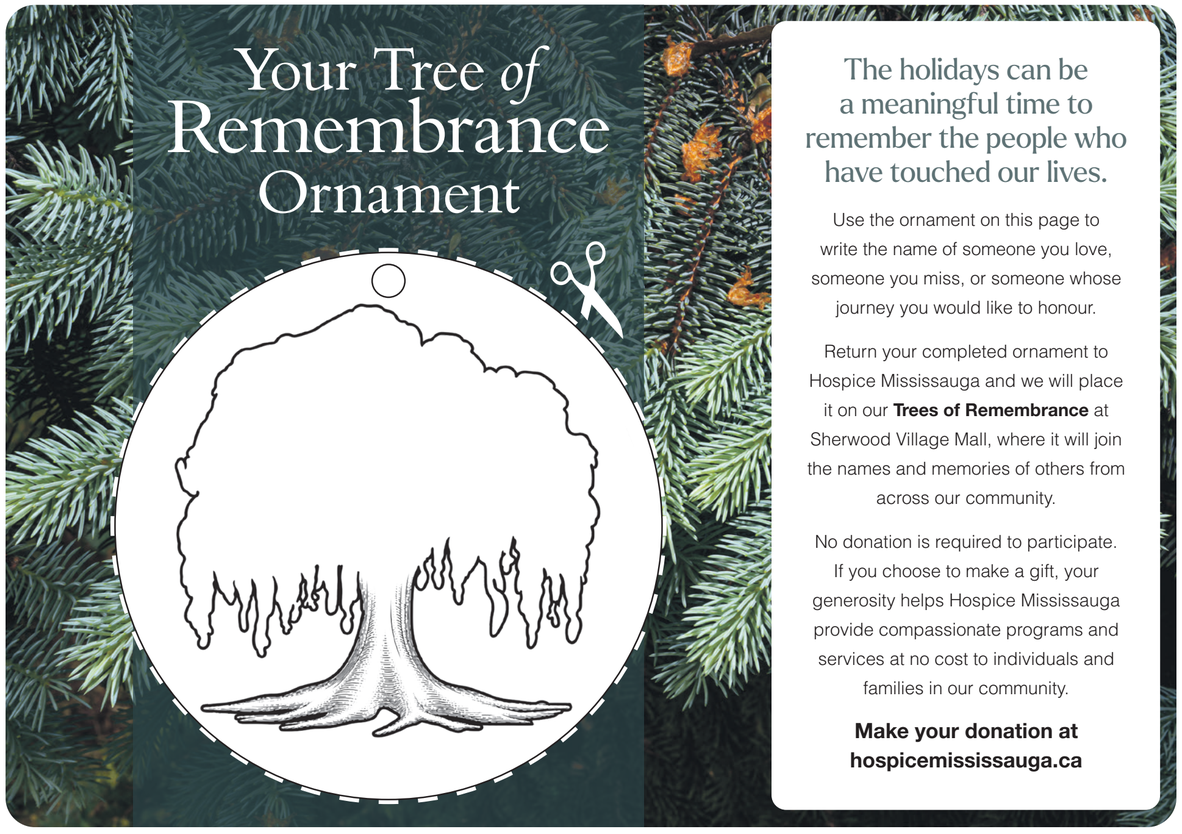
Without hospice, people lose access to grief counselling and bereavement supports. Unaddressed grief can impact an individual for years, resulting in strained family relationships, work performance and negative affects on mental health and well-being.

Without hospice, our community loses an essential source of care and support when people need it most.



"Before my wife was able to get into hospice, most of my time was spent managing her care. When she got into a hospice centre, I felt a huge weight lift off my shoulders knowing she was getting the care she needed 24/7. I finally got to spend time holding her hand and being her husband again."
– Anonymous family member

Hospice care is the DIFFERENCE
between facing death and grief alone, or being surrounded by comfort, dignity, and support.



Your Tree *of* Remembrance Ornament

The holidays can be a meaningful time to remember the people who have touched our lives.

Use the ornament on this page to write the name of someone you love, someone you miss, or someone whose journey you would like to honour.

Return your completed ornament to Hospice Mississauga and we will place it on our **Trees of Remembrance** at Sherwood Village Mall, where it will join the names and memories of others from across our community.

No donation is required to participate. If you choose to make a gift, your generosity helps Hospice Mississauga provide compassionate programs and services at no cost to individuals and families in our community.

Make your donation at hospicemississauga.ca

Together Always – A Lasting Gift

Raminder (Ram) and her husband Amrit (Alex) had not left Sabrina's side since their arrival three days ago to the Hospice. The single bed for Sabrina meant it was challenging to cuddle in comfort with her daughter for long periods, but the room provided a couch and window seat that allowed them both to sleep in the room with Sabrina.

On that Sunday morning, Maya, their youngest daughter, and her husband Connor, came into the room and recognized the need for their parents to have a chance to get a break.

Maya said to them, "Mum and Dad, go get a cup of tea, take a moment together. Connor and I will stay with Sabrina, and we promise to come and get you if anything changes. You are just down the hall, don't worry".

Just down the hall was a space where they could pour a cup of tea and sit by a fireplace and share its warmth on an early February morning. They knew this was needed but worried, as parents do.

> "Worrying about if you will miss the moment when your daughter takes her final breath – the moment that building new memories stops."

They took a few minutes to enjoy their tea when Maya came into the room; "Mum, Dad...it's her breathing, its changed."

They returned to Sabrina's room. Her mum cuddled with her in her bed, Maya and Connor were at the bedside, and her dad was holding her hand. Her mum whispered to her, "Sabrina, you have had a hard journey, we all love you so much, you can go now…be brave."

It was peaceful at that moment when Sabrina took her final breath. We knew that she was where she wanted to be. She chose to live her life to the fullest by choosing a hospice centre to spend her final days.

Sabrina cared deeply for her family. They did everything together and she wanted to ensure that she left them with positive memories.

After 15 years of battling cancer, Sabrina could no longer use the stairs in her parent's home to reach her bedroom and was receiving care and sleeping in the family room.

The family room was a special place for their family, a place of celebrations, playing games, sharing life's special moments together - including a wedding. She did not want it to be the place her family would remember her dying. She wanted to live every moment of her life to its fullest and help her family to do the same.

Ram remembers when she first heard from Arati, the Hospice Counsellor, that Sabrina wanted to spend her final days at a Hospice.

"When Arati told me Sabrina had chosen to spend her final days at a Hospice, I did not know what to say. I have been her nurse and her caregiver, and it was normal in our culture to die in the home. I did not realize, at that time, the gift Sabrina was giving to me, to us."





she was shocked and disappointed to find that there was not a dedicated hospice centre in Mississauga.

Once we arrived, we knew Sabrina had made a thoughtful choice.

Hospice centres are special places as they are more home-like and differ from a hospital environment. Hospice centres are focused not only on the pain and symptom management, but the emotional and social elements of care that provide an opportunity for creating memories.

Ram quickly did some research online and was comforted to know that two hospice centres were in neighbouring cities, but



It was a gift my daughter Sabrina gave to us

The family was able to bring in many personal items that were meaningful to Sabrina to ensure the already home-like setting felt even more so.

Family and friends were able to visit, and there were no restrictions on being able to be with Sabrina, no call bells or alarms going off. It was peaceful.

The family had time to reflect together on memories of the past and the recent marriage of Maya and Connor the month before in the family room at home. A relationship that was introduced through Sabrina during her time working in New York after graduating university.

"Sabrina knew we were right for each other" said Maya. "Connor was Sabrina's roommate in her company sponsored accommodation in New York… she knew we would be perfect together and I really wanted her to be the maid of honour at my wedding, so we made arrangements to get married in our family room at our family home."

Sabrina was always caring for others throughout her life despite the challenges she faced after being diagnosed with Astrocytoma at the age of 17.

Two brain surgeries, three rounds of chemotherapy and radiation, genome-testing and experimental treatment were all part of her journey. Despite all this, she had a dream career and kept her focus clearly on the family and its togetherness.

"When I look back on it, Sabrina's choice of the hospice was a gift to us all. She allowed us to let go of our responsibilities as caregivers, and for those final days to be what we always were, family. Focused on simply being with each other, loving each other and being 100% present in the moment" shares Ram.

> "It was challenging to know that we had to commute from our home in North-West Mississauga to South-West Toronto for care, but we knew this was her choice and it was a chance for us to all be together as a family." – Ram

The family celebrated Sabrina's life by sharing her ashes with nature, sharing their resources to help support the cancer hospital that provided treatment to Sabrina, and most recently with the Hospice Centre that provided the compassionate specialized care that allowed the family to be together, fully, until the end.

YOUR support will bring care closer to home for families like Sabrina's.

Ram and her family are committed to ensuring that this experience, this opportunity for people to have this amazing care is available in Mississauga. Ram is engaged with Hospice Mississauga as a wellness volunteer, sharing her gifts of yoga and reiki with individuals and caregivers.

She continues to share her gifts forward, knowing Sabrina would be proud of her continued support of others so they can spend their time together.

HOSPICE MISSISSAUGA

Tree of Remembrance Ornament

As a way to honour or pay tribute to a loved one, we are sharing this opportunity to be a part of a special holiday tradition.

Write your tribute message on the inside of the willow tree on the back of this card.

Once returned, your ornament will be hung on our Trees of Remembrance at Sherwood Village. You can hang it yourself or return it in the provided envelope for a volunteer to place safely.

Hospice MYTH:

You need to know exactly what kind of help you need before contacting Hospice.

FACT:

You can start with a conversation. Hospice Mississauga's Hospice Palliative Helpline can help answer questions and connect people with information and support.

Give to Building Compassion today.

Your gift today helps protect Benevolent care tomorrow

Visit hospicemississauga.ca for more information

Scan to donate

Why Connecting With Hospice Early Matters

Many people first hear the word “hospice” when someone is very close to the end of life. By then, there may be little time to benefit from emotional support, guidance and resources that hospice can provide.

Palliative Care support can begin much earlier, as early as the diagnosis of a life-limiting illness. It can also be provided while a person continues treatment aimed at curing illness or extending life.

Early support gives people time to understand their choices, ask questions, talk about what matters to them and build relationships with the people who can help.

It also gives caregivers access to support and opportunities for respite before they reach a crisis themselves. Caring for someone with a life-limiting illness can mean balancing work, family and other responsibilities, while trying to be present for someone they love. Support does not have to wait until that becomes overwhelming.

We provide clients and those who care for them with hospice counselling, wellness programs, social connections, spiritual care, volunteer support and care navigation.

Care Navigation helps people understand available hospice, health and social care services, and find the supports that fit their needs. Last year, the team provided 642 Care Navigation interactions.

You do not have to wait until you know exactly what you need. Starting the conversation early simply gives you more time, more information and more opportunities for support.



Hospice Is for Families and Caregivers Too

Did you know, that on average, up to nine people are impacted by the diagnosis of a life-limiting illness of a loved one.

A spouse may suddenly become a caregiver. Adult children may balance work, parenting and appointments. Friends may want to help, but do not know what to say. Children may notice that something is changing long before adults know how to explain it.

Hospice care recognizes all of this.

Hospice Mississauga provides support to both people living with life-limiting illness and the people around them. Hospice counsellors can help families talk about illness, fears, changing roles and end of life. Grief and bereavement services continue to support people after a death. Wellness programs, spiritual care and volunteer services can provide additional comfort and connection.

Caregivers need care too. If they are given the right supports, they can reduce becoming exhausted, and with support for their anticipatory grief and physical wellness, are in a better position to be present during this time. Families may face difficult decisions about work, finances and how to safely care for someone they love. Hospice can provide information and support to help people on this journey.

Sometimes this support allows family members to return to the role they value most. As one family member described after a loved one entered hospice care: **“I finally got to spend time holding her hand and being her husband again.”**

Hospice does not replace family. It supports it – So loved ones can spend more time being spouses, parents, children, siblings and friends.



Have Questions?

Call our 24/7 helpline at 905-667-1865. The more we understand hospice, the sooner individuals and families can discover the care, comfort and support available to them.

Children Grieve Too: Helping Young People Understand Loss

Children know when something is wrong.

Even when adults try to protect them, children can notice changes in routines, conversations and emotions. When someone they love is seriously ill or has died, they need supports that are tailored to their age, knowledge and interests.

Hospice Mississauga’s Help Us Understand Grief (HUUG) program supports children and youth who are navigating the death of a family member or a life-limiting illness.

The program helps young people understand and express grief in ways that make sense for their age and stage of development. Support can include conversation, creative activities and other approaches that help children feel safe expressing difficult emotions.

Last year, Hospice Mississauga provided 865 HUUG service moments to children and youth.

There is no “correct” way for a child to grieve. One child may ask many questions. Another may become quiet. Some children may play normally one minute and become deeply sad the next. Grief can appear in behaviour, school performance, sleep, friendships and worries about other people they love.

Support can also help parents and caregivers find words for conversations they may not know how to begin.

Children do not need adults to have every answer. They need to know they can ask questions, share feelings and be supported.





Helping Children Feel Safe Through Grief: How HUUG Supports Resilience

When a child faces the serious illness or death of someone significant in their life, the experience can affect far more than one moment in time. It can impact every aspect of their life; their daily routines, relationships and how they understand the world around them.

Research on Adverse Childhood Experiences (ACEs) examines how stressful or traumatic experiences before the age of 18 can affect a child’s well-being and development. Children experiencing the serious illness or death of someone they love may also be facing other challenges in their lives, which can compound their emotional stress.

Hospice Mississauga’s Help Us Understand Grief (HUUG) program recognizes the potential cumulative impact of these experiences. Through early intervention, emotional support and opportunities to develop healthy coping skills, HUUG aims to reduce the impact of illness, death and grief, helping children build resilience and navigate difficult experiences without adding to the challenges they may already face.

HUUG focuses on safety, predictability and emotional support. Children and youth are supported in ways that fit their age and development, including play, art, storytelling and conversation. The program also helps caregivers communicate openly and honestly with children using age-appropriate language, while encouraging stable routines and caring relationships that support a child’s well-being.

Connection matters. Positive relationships, emotional validation and a sense of belonging can help children cope with difficult experiences. HUUG also works with families and community partners, including schools and other services, to provide children with additional support when needed.

The GOAL is not to make grief disappear.
It is to help children feel heard, supported and less alone as they learn to understand what has happened and continue growing.



Designed to Feel Like Home

Every detail of the new Welton Centre for Hospice Palliative Care is being considered with patients and families in mind.

Rather than feeling clinical or institutional, the Centre is being designed as a warm, welcoming and home-like environment where families can spend meaningful time together.

Private Patient Suites will offer comfort and privacy, with access to outdoor patios. Throughout the Centre, families will find spaces to gather, share a meal, have a quiet conversation or simply sit together–from the Great Room and Family Kitchen to the Library, Sun Room and Reflection Room.

These spaces recognize that hospice care is about more than a person's medical needs. It is about creating opportunities for connection, comfort and moments that matter–whether that means sharing a favourite meal, sitting outside together or simply having space for family to be family.

The Welton Centre is being built to care for the whole person while creating an environment where loved ones can remain close.





Give to Building Compassion today.

Your gift today helps protect benevolent care tomorrow

Visit hospicemississauga.ca for more information

Scan to donate

HOSPICE MYTH:

Hospice is fully funded by the government.

FACT:

Community support is essential. Hospice Mississauga currently must fundraise approximately 55% of its annual operating costs. For the new Hospice Centre, approximately 89% of capital costs must be raised from the community.

Completing the Continuum: What the New Hospice Centre Will Add

For more than 40 years, Hospice Mississauga has provided Community Care to people facing serious illness, caregiving, grief and loss.

Soon, the community will have another choice.

The Welton Centre for Hospice Palliative Care will be Mississauga's first dedicated Hospice Centre. The Centre will include 12 Private Patient Suites in a welcoming, home-like setting. It will provide On-Site Care 24 hours a day through nurses, physicians and personal support workers, along with hospice counselling and holistic support.

Why does this matter?

Many people want to remain where they live. Community supports can make that possible for some. But sometimes symptoms become too complex. A caregiver may no longer be able to safely provide care. The home may not meet the person's needs. Some people simply may not want to die at home.

The Hospice Centre adds another option between care at home and care in hospital. It is expected to support approximately 250 to 350 patients each year through its Hospice Suites while also creating more space for Hospice Mississauga's Community Care programs.

The goal is not to move everyone into the Hospice Centre. **The goal is choice.**

Wherever someone receives hospice care, the focus remains the same: comfort, dignity, connection, compassion and support for the people who matter to them.







Find Your Opportunity to Make an Impact

You can help furnish the Centre, contribute toward essential items that will create a comfortable, home-like environment, make a gift in memory or honour of someone special or explore opportunities to name a room or space within the new Centre. Hospice Mississauga can also work with donors to create payment schedules that make giving more accessible.

Every space within the Centre has been thoughtfully designed with a purpose. From private areas where families can spend precious time together, to spaces for care, reflection, wellness and connection, each one will play an important role in creating an environment of comfort and dignity for patients and their loved ones.

Opportunities to Leave Your Mark

Giving opportunities throughout the Centre include spaces such as:

- Private Patient Suites
- Specialized Patient Suites
- Clinical Care Area
- Community Palliative Care Clinic
- Community and Social Connections spaces
- Volunteer and Staff spaces
- Family Gathering and Reflection spaces
- Wellness and Program areas

Be Part of Building Hospice

Every gift, at every level, brings us closer to opening the doors of Mississauga's first dedicated Hospice Centre.

Find an opportunity that is meaningful to you, and help build a lasting legacy of compassionate care in Mississauga.

To Learn MORE

about available opportunities or discuss a gift, contact us at giving@hospicemississauga.ca

The Power of Volunteers: Small Moments, Big Impact

Care begins with small but meaningful moments: sitting beside someone, listening to a story or giving a caregiver time to take care for themselves.

Volunteers are an important part of hospice care.

At Hospice Mississauga, volunteers support clients, families and the organization in many ways. They provide companionship, help with wellness and social programs, support grief activities, assist with events and contribute their professional and community skills.





Last year, 102 Hospice Mississauga volunteers contributed 5,378 hours of their time and talents.

Those hours included one-to-one client support, Social Connections, the Bereavement Walking Group, wellness activities, administration, governance and fundraising.

The value of volunteering is not only measured in hours.

A visit can reduce isolation. A conversation can give someone a chance to talk about what matters. Volunteer support can offer a caregiver a break or help a grieving person feel connected to their community.

As Hospice Mississauga grows, volunteers will continue to be an important part of creating a compassionate community.

You do not need to be a doctor or nurse to make a meaningful difference at the end of life. Sometimes one of the greatest gifts is simply showing up.

Leading by Example

There is a place for everyone in this project. Whether you make a personal gift, honour someone special, involve your business or support a space within the Centre, your generosity can help create a lasting impact for generations of families.

Help us build a home for hospice care in Mississauga. Learn more about how you can make an impact at hospicemississauga.ca.

Meet some of the generous people and organizations helping bring the new Hospice Centre to life.

This list is current as of time of printing and we apologize for any omissions. A current list of our amazing supporters can be found at hospicemississauga.ca.

Thank You to Our Donors:

John and Joan Welton Foundation
FDC Foundation
Gerald Beasley and Family
The Peter Gilgan Foundation
Lakeview Village
Caldarelli Family
The City of Mississauga
Credit Valley Golf and Country Club
D'Silva Family
The Rockett Family
1673361 Ontario Inc.
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Jeanette Hubbert
RBC Foundation
Turner and Porter Funeral Homes
JTJM Family Foundation
Ed and Nicole Formanek and Family
Dale Pratt
Sisterhood of Solel
Longo Family Foundation
City of Mississauga Bed Race 2026
Riverwood Seniors Group
More than 300 individuals and caring groups

Why Your Support Matters

Holding a hand. Sharing a familiar story.

Saying "I love you" one more time.

That is the promise of Mississauga's first Hospice Centre. **And you can help make it possible.**

The Centre is being built, and together we have already raised more than half of our $28 million *Building Compassion* campaign goal. But $12.6 million remains to be raised so we can open its doors debt free.

If we do not reach our goal, the Centre could open carrying debt, creating another demand on community giving at the same time that donations already fund 55% of our Community Programs and operations.

That pressure reaches far beyond a balance sheet. It could limit our ability to reach more exhausted caregivers, support more children grieving someone they love and help more families find comfort through serious illness, dying and loss.

Imagine the doors opening. A family arrives, tired and afraid. Someone welcomes them, helps them settle in, and gives them the space to simply be a family again.

You can help make that moment possible.

"We have come this far together. With your support, we can raise the remaining $12.6 million, reach the finish line and open the doors to compassionate hospice care in Mississauga."
– Frank Doracin, Campaign Chair



HOSPICE MYTH:

Once the Hospice Centre opens, everyone will receive their care there.

FACT:

The new Centre will complement–not replace–community hospice care. Its 12 care suites will provide another option when remaining at home is no longer possible or preferred, while the Centre will also provide additional space for community programs and supports.



Choose how your gift will live on

Find Your Giving Opportunity

Scan to explore

Name a Space
$10,000 – $1.5M
Hospice suites, program spaces, administrative rooms and opportunities on the grounds. Flexible payment terms are available.

Furnish a Room
$5,000 and up
Provide all the needed items in a specific space.

Individual Items
$100 and up
From a kettle and fireplace, to a television, washer, dryer, mobile client bed or specialized cuddle bed.

Leaf of Remembrance
$1,500
A lasting, personalized tribute in the Centre.

Donor name listed here

Choose Your Sponsorship Level
Visit our online searchable catalogue for all the opportunities.

Funded by Community
Active Moments, Big Impact

Our community events bring people together, build meaningful connections and help ensure compassionate hospice care remains available to those who need it.

Each year, signature events including our Walk for Hospice, Bed Race, and Golf Classic unite individuals, families, local businesses and community partners in support of a shared mission. Whether walking in honour of a loved one, racing a bed to the finish line, or enjoying a day on the golf course, every participant plays an important role in making a difference.

Community donations fund 55% of Hospice Mississauga's Community Programs and Operations. This generosity helps ensure that our programs and services remain available at no cost to individuals and families across Mississauga.

Learn more about our community events and how you can get involved at hospicemississauga.ca.













Just 11%
of the funding to build the New Hospice Centre comes from government. We rely on community for 89%.

Support Is Just a Phone Call Away

When you're facing serious illness, end-of-life care, grief or caregiving, knowing where to turn can make a difference.

Hospice Mississauga's 24/7 support and information Helpline is available to help individuals, families, caregivers and community members find the information and support they need. Whether you have questions about hospice and palliative care, are looking for community resources, want to learn more about our programs and services or simply aren't sure where to start, our team can help guide you.

Call our 24/7 Helpline: 905-667-1865

A Family Passion

My Mom and I loved going to hockey games together. Even during her two-year battle with cancer, we kept going for as long as we could. As her illness progressed, those games became more precious because we both knew each one could be our last together.

That is something I understand differently now: grief does not always begin when someone dies. Sometimes it begins with a diagnosis, when plans change, or when you realize something you have always done together may be happening for the last time.

Hospice Mississauga helped both of us through that journey.

My Mom wanted to die at home, and thankfully, she was able to. A Hospice counsellor and volunteer spent time with her, and I could see the difference their support made.

Hospice Mississauga volunteer Cherry also provided Gentle Aroma Touch the day before my Mom died. She seemed calmer and more at ease.

Today, Hospice Mississauga continues to support me through bereavement care. I think of this time as a Willow moment. A willow has deep roots, but it bends when life's weather changes. With support, it continues to grow.

I only wish we had known about Hospice Mississauga sooner.

I am sharing our story in the hope that other families discover this support earlier.

HOSPICE MYTH:

Hospice care means you have to leave your home.

FACT:

Hospice Mississauga has provided community-based care for decades, supporting people where they live. When the new Hospice Centre opens, it will provide another choice for people who need, or prefer, 24-hour care in a dedicated, home-like setting.



I invite you to add the name of someone you love or miss to a Willow ornament for Hospice Mississauga's Trees of Remembrance *(see page 3)*. No donation is necessary, but if you choose to give, your support helps Hospice Mississauga continue providing compassionate care to people like my Mom and me.

Your support could help someone feel a little more prepared, a little more supported and a little less alone.

"My Mom was comfortable. She was peaceful. As her son, that means more to me than I can explain."



Join our community

Volunteer | Donate
Attend an Event

hospicemississauga.ca

Walk With Us and Make Every Step Count!

Lace up your walking shoes, gather your friends and family and get ready to make a difference! Hospice Mississauga's Walk for Hospice is returning on **Sunday, May 2, 2027**, and we want you to be part of it!

This spring, our community will come together at Sherwood Village Mall for a day filled with connection, celebration, remembrance and purpose. Whether you're walking in memory of a loved one, supporting someone navigating serious illness, or simply looking for a meaningful way to give back, Walk for Hospice is an opportunity to make every step count.

Learn more at hospicemississauga.ca and get ready to walk with us!









HOSPICE MYTH:

Hospice care is only about medical needs.

FACT:

Hospice takes a holistic approach. Along with comfort and symptom support, hospice care recognizes emotional, social and spiritual needs and supports family members and caregivers throughout the journey.

Your Holiday Gift Will Be Matched!

This holiday season, every donation made to Hospice Mississauga will be matched, dollar for dollar, up to a total of $100,000, thanks to the Longo Family Foundation!

Your gift helps protect essential services, ensuring that someone facing serious illness can find comfort, a caregiver can receive much-needed relief and a grieving child can access supports.

Donate today and double your impact.
Visit hospicemississauga.ca/donate to make your holiday gift.

Scan to make your holiday gift

Inside Hospice Mississauga's Community Care



There is no single way to experience life-limiting illness, caregiving or grief. That is why Hospice Mississauga offers a range of community care services to meet people's unique needs.

Hospice counsellors help with conversations addressing fears, worries and changing needs related to end of life. Last year, **Hospice Mississauga provided 1,672 hospice counselling moments of care**.

Wellness programs offer gentle, comfort-focused support for people facing life-limiting illness, caregivers and people who are grieving. **There were 1,293 wellness service moments last year.**



Social Connections creates opportunities for clients to meet others, take part in meaningful activities and reduce isolation. **The program provided 247 sessions.**

Spiritual Care offers a place to explore questions about meaning, hope, faith, life and death. Support may include listening, reflection, ritual, prayer or connection with a faith leader.

Care Navigation helps clients and families understand services available through hospice, health care and the wider community. **Hospice Mississauga recorded 642 Care Navigation interactions last year.**

We also offer **volunteer companionship, grief and bereavement support, children and youth programs and access to a 24/7 Hospice Palliative Care Helpline.**

The important point is simple: you do not need to figure everything out alone. Hospice care starts by asking, **"What do you need right now?"**

Supporting Hospice Mississauga with Your Donor Advised Fund

Did you know that you can support compassionate hospice care in your community through a **Donor-Advised Fund (DAF)**?

A Donor-Advised Fund is a flexible and convenient charitable giving option that allows individuals and families to support causes close to their hearts.

A Donor-Advised Fund is a charitable giving account established through a registered charity or charitable foundation. Donors contribute to the fund, generally receive a charitable tax receipt when making their contribution and can recommend grants to eligible charities over time.

For individuals who have already established a DAF, supporting Hospice Mississauga can be as simple as recommending a grant from their existing fund.

With approximately **55% of funding for our Community Programs and Operations coming from donors and community support**, charitable giving plays a vital role in sustaining these essential services.

To learn more about supporting Hospice Mississauga through a Donor-Advised Fund, visit **hospicemississauga.ca/donate** or contact **Graham Hill at ghill@hospicemississauga.ca** or **905-712-8119 ext. 262**.

Thanks to our Holiday Campaign Bright Lights Sponsor

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Share compassion donate today!

Visit hospicemississauga.ca for more information.

Scan to donate to Building Compassion

Scan to find out about volunteering















Current Address
1-855 Matheson Blvd. E.,
Mississauga, ON L4W 4L6

Future Address Winter 2027
2176 Speakman Dr.
Mississauga, ON L5K 1W5

Registered Charity Number:
132155011 RR 0001

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