



Supportive and palliative care community supports

Information for patients and families

Disclaimer

This patient education resource is not medical advice. It shares common health facts, advice and tips. Some of the information provided in this resource may not apply to you. Please talk to your doctor, nurse or other health-care team member to see if this information will work for you. They can also answer any questions or concerns that you might have.

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Introduction

For people living with an advanced illness and their family, the decision regarding their plan of care after they leave the hospital is very important and may be difficult to make.

You are not alone during this challenging time. You can talk to your health care professionals about your goals and wishes. They can review your options with you. Whether your goal is to remain at home or you are interested in palliative care or hospice facilities, there are healthcare professionals that can review your options.

While in the hospital, a social worker and/or members of the Supportive and Palliative Care team can help you in this decision-making process. They can review your medical care needs with you, your caregivers and your healthcare team. They can help connect you with the appropriate resources and provide emotional support when needed.

This booklet provides a list of palliative care and support resources in the community that are available to patients with advanced illness and their families. It is intended as an overview of the various resources in the area. Feel free to use it to jot down notes and questions you or your family may have.



Care once you are at home

Who is going to take care of me once I am home?

There are several care options once you are at home: family doctor, nursing care and personal support.

Family doctor

It might be possible for your family doctor to stay involved in your care at home. Your family doctor may have experience in palliative care or have access to professional support that allows them to continue caring for you. Speak to your family doctor about palliative care and ask if they offer home visits. If your family doctor does not offer home visits, you can:

- Ask your family doctor for a referral to a doctor that does home visits. There are Community Palliative Care physician groups that support the Ottawa area and see patients at home.
- Speak with a social worker.
- Speak with a palliative care nurse (a nurse who works in the hospital's Supportive and Palliative Care team).
- Speak with a home care nurse (a nurse who works in the Ontario Health atHome).


They can all help with connecting you to the right palliative care service for you.

Nursing and personal support services

Nursing services in the home are provided by a registered nurse (RN) or a registered practical nurse (RPN). Homemaking services and assistance with bathing/dressing are provided by specially trained personal support workers (PSW). Nursing and PSW supports are offered through Ontario Health at Home (Home Care) and are covered by OHIP.

Ontario Health atHome (home care)

Ontario Health atHome is also formerly known as Community Care Access Centre (CCAC), Local Health Integration Network (LHIN) or Home & Community Care Support Services.

	Champlain - palliative service	South east - palliative service
Contact	100-4200 Labelle Street Ottawa, ON K1J 1JB Phone: 613-745-5525 1-800-538-0520 (toll-free)	200-1471 John Counter Blvd Kingston, ON K7M 8S8 Phone: 613-310-2022 1-800-869-8828 (toll-free)
Website: www.ontariohealthathome.ca		
Referral	<ul style="list-style-type: none"> You must have a valid Ontario Health Insurance Plan (OHIP) number. The referral is usually made by a doctor or another health care provider, but you can also self-refer. This means that you can contact the Ontario Health atHome and ask for their services. 	

Services	<ul style="list-style-type: none"> • Provides care coordination for people who are facing a life-threatening illness and wish to receive services at home. A health-care professional, called a case manager, works together with the patient and/or family to develop a plan of care. It can be changed as the patient's condition changes. • Services may include shift nursing (i.e., 8 consecutive hours of nursing during the day or night at end of life), visiting nursing (i.e., daily visits to monitor symptoms and medications), physiotherapy, occupational therapy, social work, nutritional counselling and personal care. • Medical equipment and supplies may also be provided. <p>* The type of care and the number of hours you may get depends on the number of hours Ontario Health atHome can provide, whether you are eligible for certain services/equipment and if there are health-care providers available in the community.</p>
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Centre Local de Services Communautaires (CLSC) – Local Community Service Centre

	Centre Intégré de Santé et de Services Sociaux de Gatineau
Contact	<p>777 boulevard de la Gappe Gatineau, Québec J8T 8R2</p> <p>Phone number: 1-819-966-6550</p> <p>Website: www.csssgatineau.qc.ca</p>

Referral	<ul style="list-style-type: none"> • You must have a valid Régie de l'assurance maladie du Québec (RAMQ) number. • Referral must be made by your doctor.
Services	<ul style="list-style-type: none"> • Services include medical care, nursing, physiotherapy, occupational therapy, speech therapy, social work, dietitian and home support. • Medical equipment and supplies may also be provided.

Private nursing agencies

There are community agencies that offer private nursing and other health-care services.

There is a cost to these services as they are not covered by the provincial health insurance plans like OHIP and RAMQ. If you have private health insurance (i.e., Great West Life, Sunlife (GSMIP) and Equitable Life), it may cover a portion of the cost for the extra nursing care that you need in addition to what Ontario Health atHome can offer.

Contact your private health insurance company for an application and the application process. Some private health insurance companies may only cover the services of a registered nurse (RN). Check your level of coverage carefully.

There are a variety of private nursing agencies in the Ottawa area. The ones that can provide palliative care services are listed below:

	Registry of Ottawa 613-236-3639	GEM Health Care Service Inc 613-761-7474
	Bayshore Home Health 613-226-7682	Para Med Home Health 613-728-7080
	At Home Hospice 613-792-1167	We Care Health Service 613-782-2244

Support for your family doctor and other health care providers taking care of you

Regional Palliative Consultation Team (RPCT)

The **RPCT** is a consultation service that supports health-care professionals (i.e., doctors, nurses, social workers, physiotherapists) caring for palliative patients. The service is offered in Ottawa, Renfrew County and the 5 eastern counties including Stormont, Dundas, Glengarry, Prescott & Russell.

The team can work collaboratively with:

- Family doctors
- Ontario Health atHome (Home Care)
- Nursing agencies
- Hospices
- Hospitals
- Long term care facilities
- Retirement homes
- Other palliative care resources

Your doctor or health-care provider can call them 24 hours a day, 7 days a week for advice.

Phone: 613 562-6397 or 1-800-651-1139

Palliative Pain and Symptom Management Consultation Program (PPSMC)

The **PPSMC** is a consultation service which supports health-care professionals (i.e., physicians, nurses, social workers, physiotherapists) caring for palliative needs. The service is offered in the counties of Leeds, Lanark & Grenville, Kingston, Quinte, Rural Frontenac, Lennox & Addington, and Rural Hastings.

The PPSMC team can work collaboratively with:

- Family doctors
- Ontario Health at Home (Home care)
- Nursing agencies
- Hospices
- Hospitals
- Long term care facilities
- Retirement homes
- Other palliative care resources

Your doctor or health-care provider can call them 24 hours a day, 7 days a week for advice.

Phone: 1-888-547-7744

Hospice and volunteer services in Ottawa area

There are places that either you or your family/ friends may go to for support from others in the same situation. Many hospices offer this connection. Some hospices and volunteer services also come to your home and help with errands, meals and keep you company. They often also offer support to your caregiver. For hospice and volunteer services near you, refer to the list below and contact them for more information.

	Hospice Care Ottawa (3 sites)		
Contact	<p>May Court Hospice</p> <p>114 Cameron Avenue Ottawa ON K1S 0X1</p> <p>Phone: 613-260-2906</p>	<p>Maison de l'Est</p> <p>c/o Residence Cite Parkway 380 Ave LeBoutillier Ottawa ON K1K 3W3</p> <p>Phone: 613-424-6560</p>	<p>Ruddy-Shenkman Hospice</p> <p>110 McCurdy Drive Kanata ON K2L 2Z6</p> <p>Phone: 613-591-6002</p>
	Website: www.hospicecareottawa.ca		
Referral	<ul style="list-style-type: none"> • Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services. • There is no cost to you for their services. 		

Services	<p>Hospice Care Ottawa provides care to patients and their caregivers from the time of diagnosis with a progressive life-limiting illness through their palliative and end-of-life journey. It offers a variety of supportive services to those that are terminally ill and wish to remain in their own homes or in a home-like environment.</p> <ul style="list-style-type: none">• Day Hospice Program – offers patients an opportunity to participate in activities outside of their home in a supportive environment. It also offers a relief to caregivers for a day away. All 3 sites (check website for details) offer this program and it can include lunch, conversation, laughter, art program, special guests, card and music therapy.• In-Home Support – can include services for both patients and their caregivers. The services are provided by trained volunteers who make home visits.• Residential Hospice Program – 24-hour residential care and support services in a home-like environment. Please see “Alternatives to Home” section of this booklet for further information.• Bereavement Program – supportive program and services offered to caregivers and families for a period of time after their loved one dies due to a life-limiting illness.
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Jewish Family Services

Contact

2255 Carling Ave., Suite 301
Ottawa ON K2B 7Z5
Phone: 613-722-2225

Website: www.jfsottawa.com

Email: info@jfsottawa.com


Referral

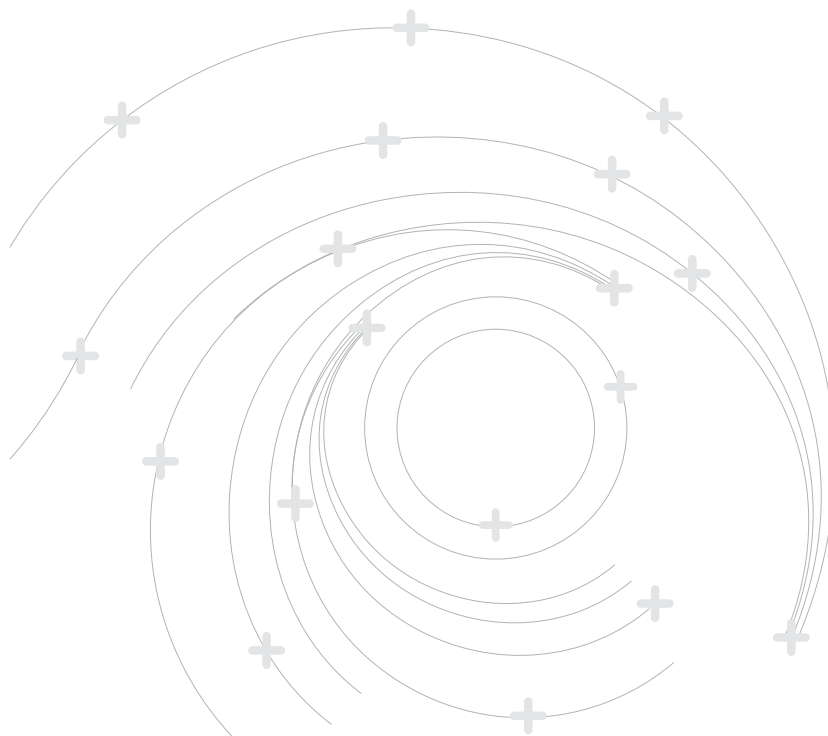
- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is a sliding scale cost for bereavement counselling. This means that you pay what you can for counselling after your loved one dies.

Services

- Family Services, bereavement and loss counselling are available to all members of the Jewish community.
- The Jewish Hospice provides visiting volunteer services to Jewish people with a chronic or palliative illness.

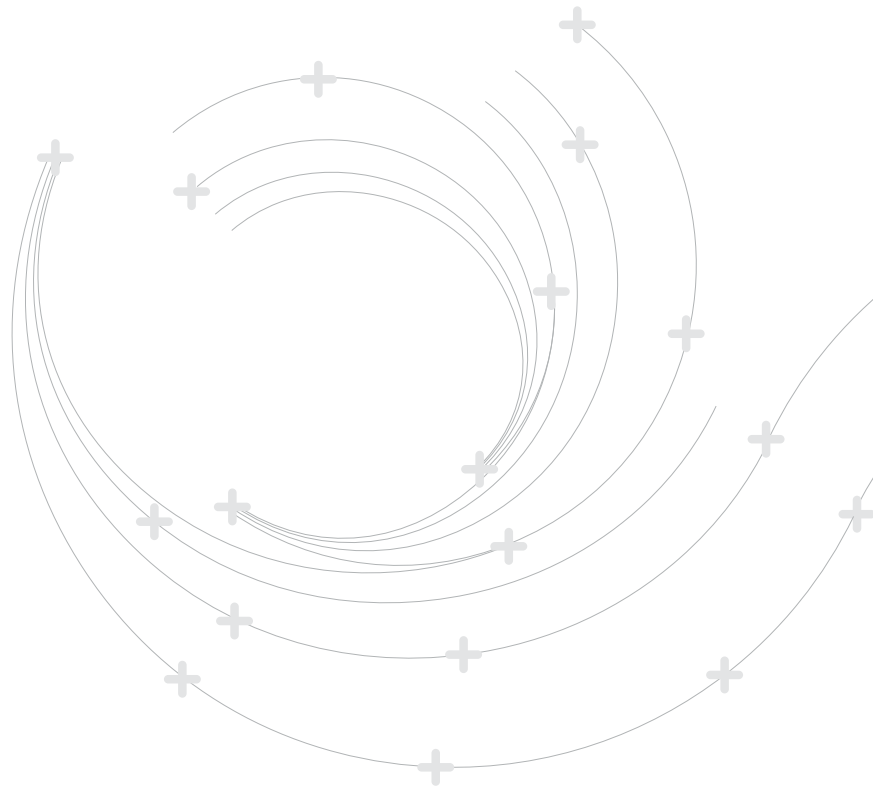
Hospice volunteer services outside of the Ottawa area

	Beth Donovan Hospice
Contact	<p>1107 French Settlement Road Kemptville ON K0G 1J0</p> <p>Phone: 613-258-9611</p> <p>Website: www.bethdonovanhospice.ca</p> <p>Email: bdh@bethdonovanhospice.ca</p>
Referral	<ul style="list-style-type: none">• Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.• There is no cost to you for their services.• This service is available to all members of the community living in North Grenville, Merrickville & Wolford, who have a life- limiting illness.



Services

- Home support by trained volunteers who provide emotional support, companionship and offer relief periods (respite) for caregivers.
- Day hospice includes various activities – arts, yoga, games, legacy work, spa days.
- Spiritual support for families and clients is provided through their Hospice Chaplain.
- Collaborative care with family doctors, family, and hospital staff.
- Help with needed medical supplies/equipment through their free Equipment Lending Program.
- Bereavement support for caregivers and families after their loved one dies.





Cornwall Hospice

Contact

1507 Second W
Cornwall ON
K6J 1J5

Phone: 613-938-2763

Website: www.cornwallhospice.com

Email: infoeasterncounties@carefor.ca

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is no cost to you for their services.

Services

- Palliative Day Program – activities include music therapy, pet therapy, games, guest speakers and reflexology.
- Volunteer visiting program provides caregiver relief, outings and support.
- Bereavement and grief support groups.
- Residential Hospice Program – 24-hour residential care and support services in a home-like environment. Please see “Alternatives to Home” section of this booklet for further information.



Dundas County Hospice

Contact

4324 Villa Drive
Williamsburg ON
K0C 2H0

Phone: 613-535-2215

Website: www.dundascountyhospice.ca

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is no cost for their services.

Services

- Day hospice programs, visiting volunteers, caregiver support and bereavement support.
- Support in patient's homes including long-term care.
- Equipment loan program.
- Complimentary therapies.



Hospice Renfrew

Contact

459 Albert
Renfrew ON
K7V 1V8

Phone: 613-433-3993

Website: www.hospicerenfrew.ca

Email: info@hospicerenfrew.ca

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is no cost to you for their services.

Services

- Caregiver support including bereavement support after their loved one dies.
- Admission to their hospice for pain and symptom management (usually lasts 2 weeks or less).
- Grief education - training and resources.
- Residential Hospice Program - 24-hour residential care and support services in a home-like environment. Please see "Alternatives to Home" section of this booklet for further information.



Madawaska Valley Hospice Palliative Care Program

Contact

7 St Francis Memorial Drive
Barry's Bay ON
K0J 1B0

Phone: 613-756-3045, ext. 350

Website: www.mvhospice.ca

Email: mvhospice@sfmhosp.com

Referral

- Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is no cost to you for their services.

Services

- Patient and family consultation, support and care planning.
- Pain and symptom management.
- Care at home or in hospital (St Francis Memorial Hospital).
- Scheduled relief (respite) periods for caregivers.
- Bereavement support to caregivers and families after their loved one dies.



Home Hospice North Lanark (Almonte)

Contact

500 Ottawa Street, unit 2
P.O. Box 787, Almonte ON
K0A1A0

Phone: 613-406-7020

Website: www.hhnl.ca

Email: info@hhnl.ca

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- Their services are offered in Mississippi Mills, Lanark Highlands & Beckwith areas.

Services

- Visiting Volunteers – home visits to patients by trained volunteers.
- Caregiver support (patient does not need to be registered in program).
- Assistance with navigating the health care system.
- Bereavement support.
- Advance care planning support.



Hospice Kingston/Providence Care

Contact

340 Union Street
Kingston ON
K7L 4E6

Phone: 613-544-4900 ext. 59178

Website: www.Providencecare.ca

Email: info@providencecare.ca

Referral

- Your doctor or other health care professional must refer you.

Services

- Tele-hospice. Virtual hospice support over the phone or a video call.
- Support in patient's home.
- Help with care coordination.
- Wellness program.
- Caregiver support.
- Grief and bereavement support.
- Volunteer services.
- Residential Palliative care in the Providence Care Hospital.
- There are 2 locations - Kingston and Belleville.



Brockville Palliative Care

Contact

75 Charles Street
Brockville ON K6V 1S8
613-345-5649 Ext 52300

Website: www.brockvillegeneralhospital.ca

Email: quality@brockvillegeneralhospital.ca

Referral

- Your doctor or other health care provider must refer you for **residential palliative care** at Brockville General Hospital.
- Your doctor, other health care professional or your family can refer you for their **community services**. You can also contact them yourself (self-referral) and ask for their community services.

Services

- Volunteer services for companionship, caregiver relief (respite), transportation or other support in the community or hospital.
- Bereavement support – provides support and education to family and friends of patients who were cared for by the Palliative Care Consult Team.
- Day Hospice – therapeutic activities, group activities, wellness programs, advanced care planning.



Hospice Lennox and Addington (Napanea)

Contact	<p>8 Richmond Park Drive Napanea ON K7R 2Z4</p> <p>Phone: 613-354-3301 Ext. 203</p> <p>Website: www.landahospice.ca</p> <p>Email: hospice@lacgh.napanea.on.ca</p>
Referral	<ul style="list-style-type: none">• Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
Services	<ul style="list-style-type: none">• Visiting volunteer program.• Equipment loans.• Caregiver support.• Bereavement support program.• Children and teens bereavement services.• Douglas Thompson Children's Wish Fund program.• Lending library - Book resources on relevant topics.



La Maison Mathieu-Froment-Savoie

Contact

170, rue Sherbrooke
Gatineau QC
J8Y 2L6

Phone: 819-770-3900

Website : www.mmfs.org

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- Services are offered to terminally ill patients and their loved ones in the Outaouais area.
- There is no cost to you for their services.

Services

- Home support by trained volunteers.
- Relief (respite) care for caregivers to patients at end of life.
- Pain and symptom management.
- Bereavement support.
- Residential Hospice Program – 24-hour residential care and support services in a home-like environment Please see "Alternatives to Home outside the Ottawa area" section of this booklet for further information.



La Maison des Collines

Contact

99, chemin Burnside
Wakefield QC
J0X 3G0

Phone: 819-459-1233

Website: www.lamaisondescollines.org

Referral

- Your doctor, other health care professional or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- Services are offered to terminally ill patients and their loved ones in the Gatineau Hills area.
- There is no cost to you for their services.

Services

- Home and hospice support by trained volunteers.
- Relief (respite) care for caregivers to patients at end of life.
- Pain and symptom management.
- Bereavement support.
- Residential Hospice Program – 24-hour residential care and support services in a home-like environment. Please see “Alternatives to Home outside the Ottawa area” section of this booklet for further information.

Palliative care residential services (alternatives to home)

Some people may feel that their care needs can no longer be met in their home. Even with supportive services caregivers may feel overwhelmed by the medical and emotional needs of a loved ones' care at home.

There are palliative care facilities that people with advanced illness can be admitted to for ongoing care. They try their best to meet the needs of people living with an advanced illness in a supportive and professional manner. Health care professionals in palliative care facilities have specialized training in palliative care. Their goal is to ensure the comfort and dignity of both patients and their families.

Application for admission process for palliative care facilities in the Ottawa area (see the list below) is through Bruyère Continuing Care. They get the referral and triage it based on certain criteria and bed availability.



- **Shenkman Palliative Care Unit at St. Vincent's sub-acute hospital**
- **Hospice Care Ottawa:**
 - » May Court Hospice
 - » Ruddy Shenkman Hospice
 - » Maison de l'Est Hospice

While you are in hospital, you can speak with your social worker and/or Supportive and Palliative Care Team member to learn more information about the palliative care facilities and their application process.

Once you are at home, you can speak with your Ontario Health atHome (home care) case manager, visiting nurse or the doctor involved in your care.



Bruyère Continuing Care Shenkman Palliative Care Unit (5th floor St. Vincent's sub-acute hospital)

Contact

60 Cambridge St N,
Ottawa ON
K1R 7A5

Phone: 613-562-6262

Website: <https://www.bruyere.org/en/palliative-care>

Referral

- Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- The cost is covered by Ontario Health Insurance Plan (OHIP). Sometimes, you may have to pay for certain services.

Services

- Inpatient Palliative Care Unit.
- Patients are admitted for pain and symptom management and/or for end-of-life care.

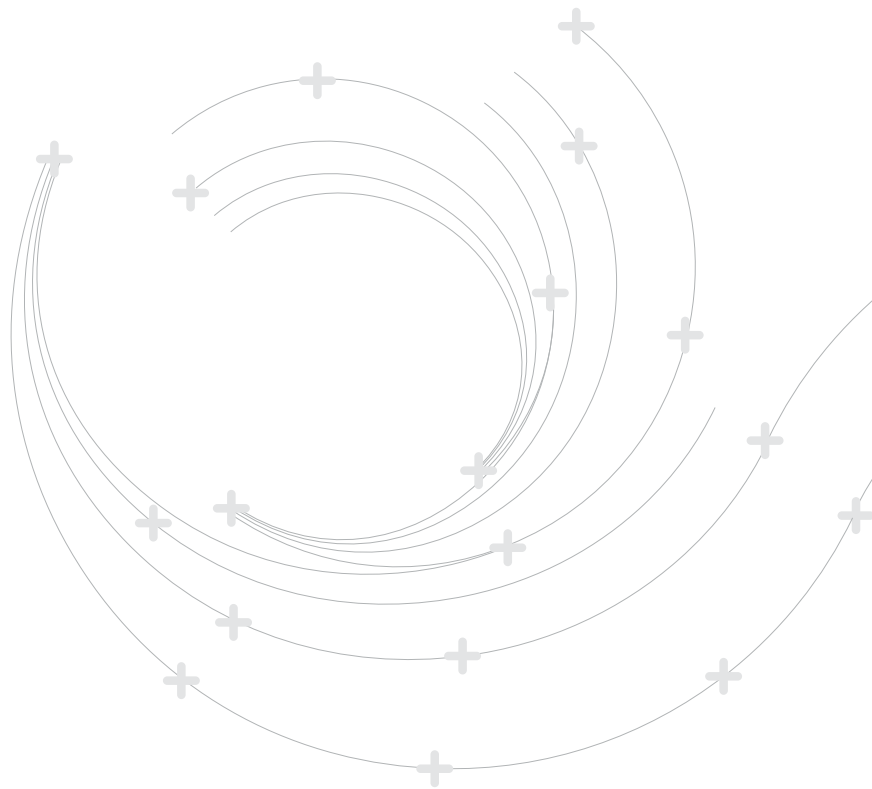


Hospice Care Ottawa (3 sites)


Contact	May Court Hospice 114 Cameron Avenue Ottawa ON K1S 0X1 Phone: 613-260-2906	Maison de L'Est c/o Residence Cite Parkway 380 Ave Leboutillier Ottawa ON K1K 3W3 Phone: 613-424-6560	Ruddy-Shenkman Hospice 110 McCurdy Drive Kanata ON K2L 2Z6 Phone: 613-591-6002
	Website: www.hospicecareottawa.ca		
Referral	<p>Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.</p> <p>There is no cost to you for their services.</p> <ul style="list-style-type: none">You must be an Ontario Health atHome (Home care) patient and have a valid OHIP.		

Services

- Home-like environment for end-of-life care.
- Your family doctor may continue to care for you while you are in the hospice. If that is not possible, a palliative care doctor physician will care for you.
- If your application to the above palliative care programs is not accepted and you feel you are unable to manage at home, please speak with your social worker while you are in hospital. If you are at home, you can speak with your case manager at Ontario Health atHome (home care) about it.
- There are other options they can discuss with you. For example, residential/retirement residence, long term care facility or one of Bruyere's Complex Continuing Care programs.



Hospice residential programs outside of the Ottawa area

	Cornwall Hospice
Contact	<p>1507 Second W Cornwall ON K6J 1J5</p> <p>Phone: 613-938-2763</p> <p>Website: www.cornwallhospice.com</p>
Referral	<ul style="list-style-type: none"> • Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services. • There is also an application that you need to complete. • You must be a patient of Ontario Health atHome Palliative Care and a resident of Cornwall, Stormont, Dundas and Glengarry, or Prescott and Russell Counties. • There is no cost to you for their services.
Services	<ul style="list-style-type: none"> • Home-like environment with 10 beds and private rooms. • If your family doctor can do home visits and offers 24-hour access to care, they will continue to care for you while you are in the hospice. If that is not possible another doctor will care for you.



Renfrew Hospice

Contact

459 Albert Street Renfrew ON K7V 1V8

Phone: 613-433-3993

Website: www.hospicerenfrew.ca

Referral

- Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is also an application that you need to complete.
- You must be a patient of Ontario Health atHome Palliative Care
- There is no cost to you for their services.

Services

- Home-like environment with 6 beds and private rooms.
- If your family doctor can do home visits and offers 24-hour access to care, they will continue to care for you while you are in the hospice. If that is not possible another doctor will care for you.



Marianhill

Contact

600 Cecelia Street
Pembroke ON
K8A 7Z3

Phone: 613-735-6838

Website: www.marianhill.ca

Referral

- Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is also an application that you need to complete.
- You must be a patient of Ontario Health atHome Palliative Care.
- There is no cost to you for their services.

Services

- Home-like environment with 3 beds and private rooms.
- If your family doctor can do home visits and offers 24-hour access to care, they will continue to care for you while you are in the hospice. If that is not possible, another doctor will care for you.



La Maison Mathieu-Froment-Savoie

Contact

170, rue Sherbrooke
Gatineau QC
J8Y 2L6

Phone: 819-770-3900


Website: <https://www.mmfs.org/en/>

Referral

- Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services.
- There is also an application that you need to complete.
- Services are offered to terminally ill patients and their loved ones in the Outaouais area.
- There is no cost to you for their services if you have a valid Quebec Insurance Plan (RAMQ).

Services

- Home-like environment with 16 beds.
- Patient accommodation with appropriate support by health professionals and trained volunteers for periods ranging from several days to several weeks.
- Admissions for pain and symptom management, end-of-life care or respite care for patients in the last stages of a terminal illness (to offer occasional relief to families).

	La Maison des Collines
Contact	<p>99, chemin Burnside Wakefield QC J0X 3G0</p> <p>Phone: 819-459-1233</p> <p>Website: https://www.lamaisondescollines.org/en/</p>
Referral	<ul style="list-style-type: none"> • Your doctor, other health care provider or your family can refer you. You can also contact them yourself (self-referral) and ask for their services. • There is also an application that you need to complete. <ul style="list-style-type: none"> » Services are offered to terminally ill patients and their loved ones in the Gatineau Hills area. » There is no cost to you for their services if you have a valid Quebec Insurance Plan (RAMQ).
Services	<ul style="list-style-type: none"> • Home-like environment with 6 beds and private rooms. • Patient accommodation with appropriate support from health professionals and trained volunteers for periods ranging from several days to short months. • Admissions for pain and symptom management, end-of-life care or respite care for patients in the last stages of a terminal illness (to offer occasional relief to families).

Emotional and spiritual support

There are many agencies that provide general counselling and bereavement support. There may be eligibility requirements (not everyone can access their services), patients may have to pay for some of their services and there may be a waiting lists for their services. Call the agency and ask them for more information about their services.

<p>AIDS Committee of Ottawa 613-238-5014</p>	<p>Bereaved Families of Ontario- Ottawa Region 613-567-4278</p>
<p>Bridge C-14 https://www.bridgec14.org/</p>	<p>Counselling and Family Service Ottawa 613-233-8578</p>
<p>St. Paul's University 613-782-3022</p>	
<p>Centretown Community Health Centre 613-233-4443</p>	<p>Jewish Family Services 613-725-2225</p>
<p>Compassionate Friends (loss of a child)- Ottawa 613-612-4951</p>	<p>La Maison de L'Est 613-424-6560</p>
<p>Compassionate Friends (loss of a child) - Canada 1-800-823-0141</p>	<p>La Maison des Collines 819-459-1233</p>
<p>Family Services Ottawa 613-725-3601</p>	<p>Ottawa Pastoral Counselling Centre 613-235-2516</p>
<p>Ruddy-Shenkman Hospice 613-591-6002</p>	<p>Sandy Hill Community Health Centre 613-789-1500</p>
<p>Grief Share West Ottawa 613-829-2363</p>	<p>South-East Ottawa Community Health Centre 613-737-5115</p>
<p>May Court Hospice 613-260-2906</p>	<p>The Ottawa Hospital (TOH) Cancer Centre 613-737-7700 (main switchboard) or 623-762-5444 (direct dial)</p> <p>Only registered patients of TOH Cancer Centre</p>



To help connect you to the most appropriate service and find out more about support groups please leave a message on the **Social Work Counselling Services telephone line at 613-737-7700, ext. 70516**. We will call you back with information about the services you are interested in.

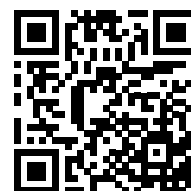
To learn more

If you would like to learn more about end-of-life, there are organizations that offer this information. You can click on the link on the left to visit the organization's website or you can scan the QR code on the right with your smartphone camera and visit the link that appears on your screen.



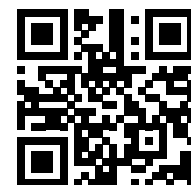
Advance Care Planning Canada

- Information and downloads available on advance care planning
- Website: www.advancecareplanning.ca



Grief and Bereavement Information and Support

- Information regarding programs, resources, events
- Website: www.bfo-ottawa.org



Champlain Regional Hospice Palliative Care Program

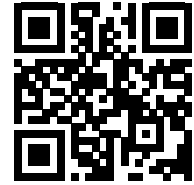
- Information on programs and services in palliative care across the region
- Website: www.champlainpalliative.ca





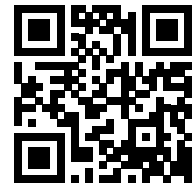
Canadian Hospice Palliative Care Association

- National voice for hospice palliative care in Canada.
- Advancing and advocating for quality end-of-life and hospice palliative care in Canada.
- Their work includes public policy, public education and awareness.
- Website: www.chpca.net



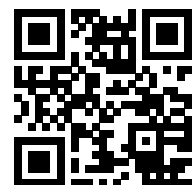
Palliative care news, views and inspirations from around the world

- Website: www.ehospice.com



Hospice Palliative Care Ontario

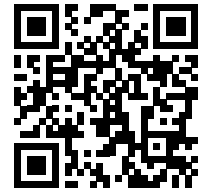
- Website: www.hpco.ca





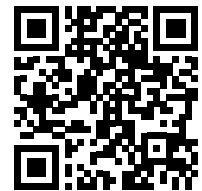
Victoria Hospice

- Information for patients and families on advance care planning, hospice care, bereavement articles/resources
- Website: www.victoriahospice.org



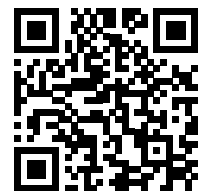
Canadian Virtual Hospice

- Information and support on palliative and end-of-life care, loss and grief for all, across all genders, ages, cultures, public and professionals.
- Website: www.virtualhospice.ca



The Waiting Room Revolution

- Podcast and resources providing tips on how to navigate a life-changing illness.
- Website: www.waitingroomrevolution.com



Notes



Do you have any feedback about this education resource?

Is it welcoming and respectful of your background, culture, and identity? Your opinion is important to us. Please fill out this [survey](#) or contact the Patient Education team at patienteducation@toh.ca



Do you need this information in a different format?

Please tell a member of your health-care team so that they can provide you with this information in a format that works for you. This resource is available in English and in French. Cette ressource est disponible en anglais et en français.



Booklet information

Reorder Number: P160

Authors: Heather A. Bousada, M.S.W., R.S.W and Palliative and Supportive Care team

Service: Social Work and Discharge Planning and Palliative and Supportive Care

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