



Lyndhurst Centre Spiritual Care Services



Spiritual care gives you a chance to talk about your personal beliefs, values and relationships. This can help you find meaning and purpose. We talk about your thoughts and feelings about your spinal cord injury. We bring together your spiritual beliefs and practices with the care you get in rehab. Spirituality can be your religious practice, family, friends, music, art, being in nature and more.

Spiritual Care is for people of any religious or spiritual background. It is open to people of any race, culture, belief system, ability, gender identity, or sexual orientation.

What is offered:

- Explore the meaning of illness, suffering and life changes
- Express feelings and concerns
- Encouragement and support
- Prayer, meditation and reflection
- Support for loss and grief
- Helping to organize religious or spiritual rituals
- One to one visits

Centre for Spiritual Reflection (Room 194)

The Centre for Spiritual Reflection is a quiet space for patients, families and staff. Use it to reflect, meditate or pray. It is open daily and is located on the main floor at Lyndhurst Centre.

Request for Spiritual Care

You can ask someone on your rehab team to refer you to Spiritual Care.

Page (416)719-1234 for urgent referrals (from 8:30am to 11:00pm daily) or leave a voicemail at (416)597-3014 for non-urgent referrals.

Contact your Spiritual Care Professional for more information.

CONTACTS

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www.SpinalCordEssentials.ca

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