



# Yee Hong Peter K Kwok Hospice Virtual Music Support Program

Yee Hong Peter K Kwok Hospice  
60 Scottfield Drive  
Scarborough ON, M1S 5T7  
Tel.: 416-412-4571 (ext. 5300/5313)  
Fax: 416-814-3453

*Where words fail, music speaks.*

*-Hans Christian Anderson*

In end of life care, music is often used to improve quality of life. Listening to music can address physical and emotional needs by reducing stress, insomnia, and physical pain. Music is a unique medium for healing and connection that Yee Hong Hospice would like to invite you to experience.

## Meeting Times

Our Music Support Program is open to all community members and will be run weekly on a recurring basis, free of cost.

**Day:** Fridays

**Time:** 2:00pm

**Duration:** 30-45 minutes

## Sign Up

Please use the link or QR code below to sign up for our program:

<https://forms.gle/pLHUpC437mrCCGCK9>



## Weekly Themes

Week 1: Mindfulness

Week 2: Connecting with Nature

Week 3: Understanding trauma

Week 4: Self-compassion

Week 5: Control vs Concern

Week 6: Celebrating our Accomplishments

Week 7: Accepting Help

Week 8: Spirituality

Week 9: Story-telling

Week 10: Diversity

Week 11: Self-care

Week 12: Gratitude

## Join In

You can also use the Zoom link or QR code below to join:

<https://us02web.zoom.us/j/82977131581?pwd=eMvqa0c4Y0xpOS9FcndzV1d5SIB0UT09>

Meeting ID: 829 7713 1581 Passcode: 329525

