



# Lyndhurst Centre Spiritual Care Services



Spiritual care can help you understand your life experiences. It helps you explore your beliefs, values, relationships, and behaviours. Spirituality is the part in everyone which looks to find meaning and purpose in life. Spiritual expression can take many forms and have ties to community, art, religion, nature, and more.

Lyndhurst Centre Spiritual Care Services supports all aspects of spiritual expression. It is open to persons of any race, culture, belief system, ability, gender identity, or sexual orientation.

Health care involves the whole person: mind, body, and spirit. In times of illness, trauma, and loss, people often need more than physical care to cope. Spiritual care can help provide support during life transitions. It does this by integrating mind, body, and spirit.

## What is offered:

- A chance to explore the spiritual meaning of illness and life transitions.
- A chance to express feelings and concerns.
- Support for loss and grief.
- Religious or spiritual rituals.

## 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.

**Contact your Spiritual Care Professional for more information.**

**CONTACTS**

Originally written by: Suraj George. ©2015 University Health Network - Toronto Rehab. All rights reserved. **Disclaimer:** Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. University Health Network does not assume and disclaims any liability to any party for any loss or damage caused by errors or omissions in this publication.

[www.SpinalCordEssentials.ca](http://www.SpinalCordEssentials.ca)

SCE2-Pa6-2017-01-18