|  |
| --- |
| Spiritual Health |
|  |

Overview:

Attainting and maintaining a healthy lifestyle encompasses being in check with spiritual care in all aspects. Being aware of what our spiritual needs are and how the community offers different aspects of spiritual care. Some areas to be aware of are hospice care, MAiD, organ donation and culture awareness.

Helping others achieve spiritual care goals in our community:

Being aware of what the community has to offer in terms of spiritual care can help you be prepared for all aspects of your health and feel more within your community.

Brant County Resources:

Hospice:

There is a lot of support from the hospice to all accessing at any age, illness, race or economic status. They assist you with any support you need ranging from talking to someone to regarding your diagnosis or the whole process itself through a terminal illness for yourself or your family. They have resources for all whether you are in residential care or in the community. They also offer volunteering to people through an application process.

1. Stedman Community Hospice  
   99 Wayne Gretzky Parkway  
   519-751-7096 x 2500   
   [https://www.sjlc.ca/stedman-community-hospice-1](https://www.sjlc.ca/stedman-community-hospice-1%20)

MAiD:

Medical Assistance in Dying (MAiD) is a regulated medical procedure which involves medications being administered with the purpose of safely ending a life of an adult who meets the strict legal criteria.

1. Brant Community Healthcare System  
   200 Terrace Hill St.  
   519-751-5544   
   <https://bchsys.org>

Organ Donation:

Organ donation is an individuals choice to help others with transplant donations with the organs that have been donated.

There are currently 15 active registration drives in Brant County.

1. [https://hnhbhealthline.ca/listServicesDetailed.aspx?id=10183&region=Brant](https://hnhbhealthline.ca/listServicesDetailed.aspx?id=10183&region=Brant%20)
2. <https://www.beadonor.ca/community/brantford>

Culture Awareness:

Culture awareness is being in the know of services offered for spiritual care within the community and all different types of services. Services include churches, mosque, spiritual centers, indigenous centers etc.

1. Central Baptist Church  
   300 Fairview Dr.  
   519-752-3778   
   <https://www.cbcbrantford.ca>
2. Brant Community Church  
   69 Superior St.  
   519-756-3993   
   <https://www.brantcommunitychurch.ca>
3. Brantford Mosque  
   192 Greenwich St.  
   519-753-2066   
   <https://www.brantfordmosque.ca>
4. Five Oaks  
   1 Bethel Road

Paris, ON N3L 3E3  
519-442-3212  
<https://www.fiveoaks.on.ca>

1. Woodland Cultural Centre  
   184 Mohawk St.  
   519-759-2650   
   <https://www.woodlandculturalcentre.ca>
2. Aboriginal Health Centre  
    36 King St.  
    519-752-4340   
   <https://www.aboriginalhealthcentre.com>