Courses, Qualifications & Credentials
End of Life Communication-Speaking and Listening Differently*
Grief, Loss and Bereavement*
GriefShare Course- St. Pauls*
Beliefs and Fears about Dying*
Self-Care and Managing Personal Stress*
Clinical Care at End of Life*
The Shock, Stabilization and Transition Phases-Level 1
Spiritual-Cultural Diversity and Sensitivity*
Etiquette, Ethics and Needs of the Dying*
Advance Directives*
Hospice Philosophy and Volunteering*
Health Care Aide-Seneca College
Worked in Long-Term Care
CPR-St. John Ambulance
Holistic Self Master Course-Holistic Learning Center
Spiritual Psychotherapy Studies-Transformational Arts Center
*These courses meet and exceed the recommended standards of the National Hospice and Palliative Care Organization (NHPCO) Hospice Training

Affiliations
York/Durham Alzheimer’s Society
Canadian Integrative Network for Death Education and Alternatives
TeachingTransitions-Doing Death Differently
www.teachingtransitions.com
Doulagivers www.doulagivers.com

“Death is simply a shedding of the physical body, like a Butterfly shedding its cocoon.”
Dr. Elisabeth Kubler-Ross / On Death and Dying

My goal is to offer you as many services as you and your loved ones require, when you require them, as easily and affordably as possible.

To schedule a Consultation, please contact me at 705-228-8268 or visit my website at Seasonsendoflife.com

These services are dedicated to and in memory of my parents.
Who I am

My name is Cricket-Olivia Forfar and I’m a Certified End of Life Care Provider and Educator. More Canadians are beginning to take back control of their End-of-Life process and many are deciding to return home to do so. Some, however, will need care within a more medical-based model such as a Long Term Care Facility or a Hospital.

Wherever ‘home’ is, an End of Life Care Provider and Educator can offer comfort care and an array of affordable services and options to a Client that are of a non-medical, holistic nature, all geared towards making this ‘season’ of your life more meaningful, significant and peaceful. I provide both pre and post-comprehensive care options to choose from and am often more accessible and flexible with access to care since this is a private practice with a limited number of Clients.

I’ll assist you with planning, preparation and support throughout your End-of-Life process. For some, the End-of-Life care options and services may need to be fast-tracked, if the pre-planning stage has become more time-sensitive.

My service works as an adjunct to other services such as Hospice/Palliative Care.

Together we can custom-design a care plan that gives you the greatest comfort and care now!

Seasons
end of life support services

Services

Options for care you can select from, either bundled or a la carte Fees vary depending on how many hours and services you require.
• Bedside Vigilance
• Compassionate Presence
• Client Advocacy
• Advance Care Planning
• Life Review Journaling
• Conversations about Grief, Loss and the Dying Process
• Meditation and Prayer Rituals
• Music, Reading, Crafts etc.
• Therapeutic Yoga and Breathwork (Certified Yoga Teacher)
• Aromatherapy
• Pet-Care
• Concierge Services: drop off/pick-up medications, declutter/re-home items, etc.
• Care-Giver Support and Respite
• Liaison between Client and Others i.e. Funeral Home, Nursing Care, Co-ordinating Special Gatherings

My Journey

Much of my career-life has been centered on helping others, especially those who are vulnerable.

I’ve worked in long-term care, as a Health Care Aide, and with individuals with both Mental and Physical disabilities, and have spent years in the business world of marketing, advertising, and Client services.

My passion for Metaphysics and Spiritual Teachings began in the late 1970’s, with the study of Dr. Elizabeth Kubler-Ross’ work related to death and dying.

The study of Spirituality, Self-Development, Interconnectedness with our Spirit/Mind/Body and Living Life with Conscious Awareness and Purpose, is ongoing.

My work and life are one.

I’ve evolved my practice progressively over the past 30 years, and wear many overlapping ‘hats’, including
• End of Life Care Provider and Educator
• Life Skills Coach and finally
• Certified Yoga Teacher/Therapist, to mention a few.

All of these training are backed by hands-on experience and are geared to helping people find understanding, create effective life-strategies, and to experience peace within.

Having experienced various tragedies and deaths in my own lifetime, I’ve been able to navigate through them due to my years of study, practice and deep faith in Universal Principles, which I live by and teach to others through the comprehensive services I offer.

Navigating through these major losses was possible due to my years of study, practice and deep faith in Universal Spiritual Laws, which I live by and teach to others through my comprehensive service offerings.

I share this story to encourage others...life and loss are two sides of the same coin and are not to be feared, but are to be embraced!

Cricket