



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.*

Seasons

end of life support services

*...a time for
living*

*...a time for
dying*



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 postcompassionate-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 through-out 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!



Services

Options-for-care you can select from, either bundling or a la carte. Fees vary depending on how many hours and services you require.

- Bedside Vigiling
- 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
- Concerge Services: drop off/pick-up medications, de-clutter/re-home items, etc.
- Care-Giver Support and Respite
- Liasion between Client and Others i.e. Funeral Home, Nursing Care,
- Co-ordinating Special Gatherings

Additional services can be discussed.

Key Benefits

- More control over what specific services you wish as part of your care-plan
- Flexibility in changing your care-plan as you see necessary
- No lengthy assessments to fill out or long wait-times

Other Contacts

- Family Lawyer-Wills, Power of Attorney, Estate Planning
- Investment Planner
- Real Estate Agent
- Reflexologist
- Nutritionist
- Audiologist
- Optometrist
- Adaptable Clothing Provider
- Pet Sitter/Dog Walker

Also Available

- Workshops on Death & Dying, Grief, Loss & Post Traumatic Stress
 - Public Speaking Events and Education
 - Spiritual Self-Mastery Course - The Art of Self-Empowerment - Life Skills Coaching
- {these can all be arranged with content geared to your needs}

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. Elisabeth Kubler-Ross' profound 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 on-going.

My work and life are one.

I've evolved my practice progressively over the past 30 years, and wear many over-lapping '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 trainings 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