

How We Can Help

As a Catholic organization, founded by the Sisters of St. Joseph of Hamilton and inspired by the life and healing mission of Jesus, our Spiritual Care Providers respect and value each person's spiritual, religious and cultural beliefs. Among the times when a member of the Spiritual Care team can provide support to patients, families and staff are the following:

- When patients, family members or staff requests spiritual support
- When patients, family/friends or staff are in crisis and may benefit from spiritual and emotional support
- When a patient is close to death or has died
- When faith and/or spirituality is of obvious importance
- When a patient, family is struggling with impending surgery, prognosis or diagnosis; death and dying, grief and significant loss
- When life altering decisions are being made or need to be made
- When questions or concerns of a spiritual or religious nature arise
- When questions or concerns of an ethical or moral nature arise
- When prayer, spiritual reflection, or specific spiritual or religious related rituals are requested
- When the treatment team requires a religious/spiritual assessment of a patient
- When a patient is separated from or has few visible supports
- When staff struggle spiritually with workplace challenges

Some patients ask questions similar to the following when they are in hospital:

- How can I find the strength to cope with what I'm going through right now?
- My world seems to be closing in on me. What do I have to live for today?
- I feel unsettled. How can I find peace and forgiveness?
- Why is it that nothing feels important anymore?
- How can looking after my spirit help my body heal?
- Where is God? Is there something I did to deserve what I'm going through?

Spiritual Care professionals are available to companion and offer skillful support to help those who may wish to look more closely for insight and spiritual strength during times of upheaval and uncertainty.