

Worship/Spiritual Practice Places

Wolinsky Synagogue, Posluns Building, 2nd floor: Weekly Shabbat (Sabbath) Jewish worship services, Saturdays at 9:00 AM.

Recreation Room, Apotex Centre, 2nd floor: Weekday Minha/Maariv services at 4:15 PM.

Slan Multifaith Prayer Room, Baycrest Hospital, Suite 1A27 (near Bathurst Street entrance): A spiritual gathering space for people of all faiths. The room may be booked by calling Lorraine at 416-785-2500, ext. 6323.

Beth Abraham Jacob Synagogue, Wagman Centre, main floor: Friday evening; and Saturday morning Shabbat services at 9:00 AM.

Beth Chaverim/Common Room, Wagman Centre, lower level: Friday evening Shabbat services; Saturday morning Shabbat services once per month.

For information on religious services and accessing rooms for personal prayer or meditation or sacred reading, please call Lorraine at 416-785-2500, ext. 6323.

Contact Information

Spiritual care is available from 9:00 AM to 5:00 PM Monday through Friday or by appointment. From within Baycrest, you can reach Rabbi Dr. Geoffrey J. Haber, Director of Spiritual Care by calling x3743. From outside Baycrest, call 416-785-2500 ext. 3743 or email: ghaber@baycrest.org



According to the World Health Organization:

“Health is a dynamic state of complete physical, mental, spiritual and social well-being and not merely the absence of disease or infirmity.”

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Baycrest is an academic
center affiliated with
the University of Toronto



UNIVERSITY OF
TORONTO



Spiritual and Religious Care

Baycrest



What is Spiritual Care?

At Baycrest, our holistic approach addresses the needs of mind, body and spirit.

We recognize that health care involves treating the whole person and that spiritual wellbeing can help improve health and quality of life. Spiritual Care attends to a person's spiritual or religious needs as he or she copes with illness, loss, grief or pain and can help him or her heal emotionally as well as physically, rebuild relationships and regain a sense of spiritual wellbeing.

Spirituality is the search for wholeness, meaning and purpose in life. It affirms an individual's inherent dignity and value, and respects all religious and spiritual paths.

Baycrest draws inspiration from the beliefs and values of our Jewish heritage and seeks to provide an open, caring and compassionate environment that empowers individuals to draw on their own beliefs and practices for comfort, courage and strength, recognizing the invaluable healing powers of the human spirit.

The Spiritual Care Team

Spiritual Care professionals are an integral part of the Baycrest interprofessional team and provide Spiritual Care to residents, patients, families and staff of all faiths, as well as those with no religious affiliation.

The Spiritual Care team, consisting of Chaplains, Interns and Spiritual Care Volunteers, also provides education, consultation, guidance and advocacy for religious and cultural accommodation in the health care setting.

Our role is to:

- Promote personal growth and healing by accessing inner resources for coping.
- Help you (re)discover meaning and significance in times of illness, crisis and loss.
- Empower you, through your beliefs and traditions, to sustain hope in the midst of change.
- Enable you to tell your story through mindful and heart-felt listening.
- Provide guidance and support through challenging ethical & moral decision making processes.
- Mediate support in situations of conflict.
- Nurture and sustain a mutually supportive sense of community and connectedness to the world when life seems fragmented.
- Facilitate connections between patients, families or staff and spiritual leaders from diverse religious communities.
- Lead ceremonies, rites and rituals, meditation and prayer.
- Offer end-of-life and bereavement support.

Spiritual Care Guiding Principles

The Spiritual Care team guides itself by four core principles to address the spiritual and religious needs of patients, residents, families and staff:

1. **CARE** for all with respect for all religious and spiritual paths, which may or may not be rooted in a religious tradition.
2. **PROVIDE** faith-specific religious care and support, including ritual observance, kashrut (dietary laws) and prayer, for those of the Jewish faith within the various expressions of Judaism.
3. **FACILITATE** for all religious beliefs of faiths other than Judaism, including provision of ritual items, sacred texts and a place for worship.
4. **ADVISE** leadership to ensure the free exercise of religion, to counsel on moral and ethical issues and decision-making, and to abide by the legal and philosophical positions of Jewish law (Halakhah) and Jewish theology (Hashkafah).

