

## Spiritual Care Might Be Helpful if you ...

- Need someone to talk to.
- Feel fear, worry, sadness, frustration, anger or loss of control.
- Feel alone.
- Are concerned you are a burden to others.
- Would like support for family members.
- Struggle with decision-making.
- Are overwhelmed by the uncertainty of the future.
- Wonder what this hospitalization means to you.
- Need support in your spiritual and/or religious beliefs and practices.



*“We are not human beings having a spiritual experience.  
We are spiritual beings having a human experience.”*

- Teilhard de Chardin

## Who are Spiritual Health Practitioners (SHPs)?

Spiritual Health Practitioners (formerly known as Chaplains) are members of the Canadian Association for Spiritual Care (CASC) and employed by Alberta Health Services. They are clinically trained to provide spiritual and emotional support to people with or without any religious affiliation.

**Spiritual care seeks to support people of all faiths and cultures, as well as those who do not have a religious affiliation**

### How to Contact Spiritual Care:

**Direct Line: 780-735-7939**

**Email: [Wilson.Miranda@ahs.ca](mailto:Wilson.Miranda@ahs.ca)**

For a quicker response, please ask a staff member to page Spiritual Care.

Wilson Miranda, M.Div.  
Spiritual Care Lead/Chaplain  
Glenrose Rehabilitation Hospital  
Edmonton, AB

### Hours:

Monday to Friday 8:30 am – 4:45 pm



# Spiritual Care Services



**Supporting the Spiritual Needs of Patients and Families**

Revised (Apr 2021)

Rehabilitation involves a holistic approach in strengthening body, mind and spirit. The Glenrose Rehabilitation Hospital (GRH) provides a patient and family centered care approach for children, adults and older adults. Our Spiritual Care Service is mindful of individual beliefs or faiths and offers comfort and hope through support by listening, being present and hearing what you have to say.



Spiritual care services will help you draw upon resources that are meaningful to you to help your journey while at the Glenrose through:

- Compassionate listening to your story.
- Support and encouragement in your rehabilitation journey.
- Religious services.
- Group education sessions.
- One to one support.

## Reflection and Renewal Centre (RRC)

This space is open 24/7 for meditation, solitude, prayer and reflection for patients, caregivers and staff.



### Spiritual and Religious Services in Unit 4C Dining Room

*Due to Covid restrictions, 2 units are combined for each service. Please check with your unit for your schedule before attending each week.*

- ❖ **Non-Denominational Service**  
Every Sunday at 10:30 & 11:15 am
- ❖ **Roman Catholic Mass**  
Every Saturday at 10:30 & 11:15 am
- ❖ **Indigenous Smudging**  
Every Thursday at 1:30 pm  
in Room 2177-GW
- ❖ **Integrative Drum Circle**  
Check with your unit for the schedule.

## Spiritual Needs:

- **How do I find meaning?**  
Who am I? Why is this happening?  
How can I take the best possible advantage of my life circumstances?
- **How do I find new purpose?**  
What will my future look like?  
How can I contribute in a new way?  
Where does my hope lie?  
Where can I make a difference?
- **How do I communicate?**  
What are my values? How can I incorporate them in the 'new' me?  
How can I express myself in a healthy way?



**Spiritual Care Services is an Integral Part of the Alberta Health Services Healing Team.**