

Hospice Wellington: Art Therapy Program



Expressions of Grief: Intentional Vessels

Description: A gentle group process using wood-working and wood-burning techniques to explore personal life experiences connected to the grief process and memory work towards increased self-awareness and overall well-being. This twelve-week cycle invites its participants to explore the use of natural materials and narrative therapies to gain personal insight and developing deeper understanding of personal perspectives towards increased resiliency. Each group participant will complete a handcrafted wooden vessel over the duration of this course, supported by Hospice Wellington's Art Therapist and trained Hospice Wellington Volunteers.

This closed group program seeks to support the whole person, including:

- Relationships, past and present:
- Current support systems
- Environment and surroundings
- Traditions, routines and daily activities
- Emotional expression
- Self-care strategies



Group Format: 12 Week closed group program. As this program exists in a community format, individual and group discussion will take place throughout the course of the program to support developing thoughts and an inclusive atmosphere. Weekly invitations and continued exploration of materials and process are recommended to all participants to enrich the experience. Special group closing celebration upon completion of program is also provided.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Pre-workshop Date: Saturday, September 9th

Dates: September 19th- December 12, 2017

Time: Tuesday evenings, 6:00 - 9:00pm

Location: Hospice Wellington

795 Scottsdale Drive, Guelph, Ontario.

Hospice Wellington: Art Therapy Program



Expressions of Grief: Exploring aspects of Self through Painting and the SoulCollage® Process

Description: Exploring the use of the SoulCollage® process to inspire the creation of a series of painted nesting dolls to support personal insight connected to life and death experiences and the healthy integration of the individual and collective grief process. This twelve-week cycle invites its participants to explore the use of collage materials and painting applications to gain personal insight and developing deeper understanding of life experiences and personal perspectives towards increased resiliency.

This closed group program seeks to support the whole person, including:

- Relationships, past and present:
- Current support systems
- Environment and surroundings
- Traditions, routines and daily activities
- Emotional expression
- Self-care strategies



Group Format: 12 Week closed group program. As this program exists in a community format, individual and group discussion will take place throughout the course of the program to support developing thoughts and an inclusive atmosphere. Weekly invitations and continued exploration of materials and process are strongly recommended to all participants to deepen the experience. Special group closing celebration upon completion of program is also provided.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Dates: September 28- December 14, 2017

Time: Tuesday evenings, 6:00 - 9:00pm

Location: Hospice Wellington

795 Scottsdale Drive, Guelph, Ontario.

Hospice Wellington: Art Therapy Program



Open Studio Practice: Fall Cycle 2017

Description: To provide and promote a creative therapeutic environment for all Hospice Wellington clients, supporting the continuation of the individual journey through art-making and narrative practices. Open to all past and current Hospice Wellington clients, healthcare professionals and Hospice Wellington volunteers interested in exploring creative expression on their healing journey and to support consistent self-care practices.

The semi-open Open Studio program seeks to support the whole person, providing space to explore:

- A variety of visual materials
- Discuss and expand on thoughts and creative ideas
- Work independently and self-directed
- Engage in dialogue with resident Art Therapist and trained Hospice Wellington volunteers in support of the Open Studio Program



Open Studio Format: 8 Week Semi-Open group program. The Open Studio concept encourages freedom of thoughts and exploratory use of creative materials to support self-expression. This program operates with a semi-open atmosphere and does not require participants to attend each week of a given Open Studio cycle. The Open Studio Program does, however, require a moderate degree of self-direction and self-initiative as it is not structured as a closed group process with regulated engagements with the lead facilitator or Art Therapist.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Dates: Sept: 23, 30, Oct: 7, 21, 28, Nov: 4, 11, 18

Time: Saturday mornings, 11:00 - 2:00pm

Location: Hospice Wellington

795 Scottsdale Drive, Guelph, Ontario.

Hospice Wellington: Day Away Program



Description: Day Away program is a break from the routine, providing a welcoming, friendly environment that gives clients an opportunity to share with others going through similar life experiences. Offered once a week to those living with a life-threatening illness, can tend to one's own self-care needs and take one's own medicine. The client can get around unassisted or with the aid of a walker/wheelchair. No transportation is provided at this time.

What the group/activity aims to support:

- To provide social and emotional support
- Focus is on affirming life and living it to the fullest
- Clients will find rest and relaxation
- Supportive relationships, sharing stories and laughter
- Respite for caregivers



Weekly Format: Weekly program offered in Guelph for individuals living with a life-limiting illness. This day program provides a hot, family-style lunch will be served to conclude the morning. In the afternoon, a variety of activities will be offered such as Therapeutic Touch®, crafts, card games, or just the simple opportunity to relax and socialize.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Dates: July 19 to December 20, 2017

Time: Wednesdays 10am – 2pm

**Location: Hospice Wellington, Community Level
795 Scottsdale Dr, Guelph**

Hospice Wellington: Grief and Bereavement



Adult Grief Group: Fall 2017

Description: Hospice Wellington offers grief and bereavement supports to individuals who have lost a loved one to a life-limiting illness. Our services are provided as support groups or one-to-one companionship.

What the group/activity aims to support:

- Grief support group offers companionship and understanding from others who have experienced a similar loss, and are experiencing the similar challenges that living with grief brings.
- Emotional support in a safe and non-judgemental environment
- Coping skills to help you through the most difficult days of your grief journey
- Opportunity to discover new traditions and ideas to keep loved ones present in your hearts and in your memories



Group Format: 8 Week closed group program. Three to six months following the loss of a loved one, family members and caregivers may feel ready to join one of our Supports Groups. The Adult Grief Group runs for an eight week period for two hours weekly. The program does include a reunion session, four weeks after the last session. Grief Support Groups are available in the afternoon and during the evening.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Dates: September 27, 2017 to November 15, 2017

Time: Wednesday afternoon 1 – 3pm OR

Wednesday evening 7 – 9pm

Location: Hospice Wellington

795 Scottsdale Dr, Guelph

Hospice Wellington Caregiver Support Groups



Caregiver Support Group: Fall 2017

Description: This ten week caregiver support group will offer space to acknowledge an individual's personal caregiving journey, will provide emotional validation as well exploration of self care to relief caregiver burnout. Together we will engage in a different theme each week giving the caregiver permission to explore their values by offering supportive discussion.

What the group/activity aims to support:

- Caregiver support group offers companionship and understand from others who have experiences as a primary caregiver currently supporting someone with a life-limiting illness
- Emotional support in a safe and non-judgemental environment
- Coping skills to help you through the most difficult days of a caregiver's journey
- Opportunity to discover self-care strategies and participate in open group discussion facilitated by a professional clinician



Group Format: 8 Week closed group program. Hospice Wellington's Caregiver Support Group focuses on the caregiver's anticipatory grief, often expressed as feelings of sadness and anger, prior to the death of a loved one. Over a 10 week, period trained Hospice Volunteer Facilitators provide a safe and comfortable environment to share information, provide resources and offer caregiver support.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement.
REGISTRATION REQUIRED

Dates: September 25-December 4, 2017

Time: Monday afternoons 1 – 3pm

Location: Hospice Wellington

795 Scottsdale Dr, Guelph

Hospice Wellington: Integrated Wellness Massage Program



Student Massage Sessions: Fall Cycle 2017

Description: Hospice Wellington in partnership with the Canadian College of Hydrotherapy in Cambridge provides individually booked massage appointments. Treatments provided by experienced massage therapy students under the supervision of a Registered Massage Therapist (RMT), to support clients with a life-limiting illness, caregivers, & bereavement.

Massage treatments are available in effort to support primarily physical manifestations, and to provide an opportunity for self-care. The following services are available upon request:

- Deep Tissue Massage
- Relaxation Swedish Massage
- Homecare Recommendations



Appointment Format: On the date of your first appointment, clients will be required to fill out a health history form and sign in agreement to the program policies. Massage students will meet clients in the reception area at the time of their scheduled appointment and direct them to private treatment rooms. At this time, you will have the opportunity to discuss your requests for treatment with student, to ensure it to be tailored to your individual needs, and the student will review your health history form to plan a safe and effective treatment.

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. REGISTRATION REQUIRED

Dates: October 3-December 7, 2017

**Time: Tuesday and Thursday afternoon scheduled appointment
4:00, 4:45, & 5:30pm**

**Location: Hospice Wellington
795 Scottsdale Dr, Guelph**

Hospice Wellington Integrated Wellness: Bereavement Walking Group



Walking Group: Fall Cycle 2017

Description: This walking group is offered to support clients in bereavement through weekly participation in gentle physical exercise. Each group will begin with a warm up, followed by outdoor walking for 30-45 minutes (or indoor walking in cases of inclement weather), & end with gentle stretching.

Bereavement Walking Group will be offered in a semi-open format, through an extension of Hospice Wellington's Integrated Wellness programming, we hope you experience:

- Gentle, low-impact exercise
- A compassionate atmosphere supported by others who have also been impacted by grief



Program Format: 12 Week Semi-Open group program. This program will be held at an offsite facility, in order to accommodate both indoor and outdoor walking opportunities. Please meet each week at the reception area of the RDAPC, and consider bringing the following supplies each week, weather dependent: Water, sunscreen, hat, snacks (if needed), locker lock (key or combination), comfortable walking shoes (please note: changing into clean indoor walking shoes are required by the facility when the indoor walking track is used)

Registration: Registration is required to participate in this group program, including intake and communication with Hospice Wellington. If interested in discussing the opportunity to participate in this program, please inquire directly at wendy.borutski@hospicewellington.org or (519) 836-3921 ext. 212 to ensure program placement. **REGISTRATION REQUIRED**

Dates: September 12- November 28, 2017

Time: Tuesday mornings, 10:00 - 11:30am

**Location: Royal Distributing Athletic Performance Centre (RDAPC)
7384 Wellington Road 30, Guelph**