

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.