



Community Services at a Glance

**Registration is required for all services.
Contact Wendy at 519-836-3921, x212**

April - June 2019

GRIEF AND BEREAVEMENT SUPPORT

ADULT GRIEF GROUP: Hospice Wellington offers grief and bereavement support to individuals who have experienced the death of a loved one either by sudden death or death due to any illness. Adult Grief Group is an 8-week support program.

Date: Wednesdays, April 10 – May 29 from 1:00 – 3:00 pm Location: Hospice Wellington, GUELPH

Date: Wednesdays, April 17 – June 5 from 5:30 – 7:30 pm Location: Upper Grand Family Health Team, ELORA

SPOUSAL LOSS GRIEF GROUP: Hospice Wellington offers grief and bereavement supports to individuals who have experienced the death of a spouse either by sudden death or death due to any illness. Spouse Loss group is an 8-week support program.

Dates: Tuesdays, April 9 – May 28 from 1:00 – 3:00 pm Location: Hospice Wellington, GUELPH

GRIEF EDUCATION WORKSHOPS: Grief education workshops are open to the public and may be attended by clients, volunteers and staff.

Monday, April 8, 6:30-8:00 pm

The Orphaned Adult: Grieving the death of your parents as an adult.

Tuesday, April 23, 6:30-8:00 pm

Sibling Grief: What happens to siblings grieving a lifetime of memories?

Monday, May 13, 6:30-8:00 pm

Grief in the Workplace: How to go back to work while grieving.

Tuesday, May 28, 6:30-8:00 pm

Grief in the Movies: Myths and Lessons from Hollywood movies.

Monday, June 10, 6:30-8:00 pm

Death of a Grandparent: Family grieving and the how the family structure may change.

Tuesday, June 18, 6:30-8:00 pm

Grief Doesn't Take a Holiday: Tips to help navigate summer holidays and family invitations.

PALLIATIVE & CAREGIVER PROGRAMS

PALLIATIVE DAY PROGRAM at Hospice Wellington, Guelph

This program offers a balance of educational topics and self-care activities to support individuals living with a progressive, life-limiting illness. This program may also support caregivers by providing an opportunity for respite. Lunch is included.

Dates: Every Wednesday, April 3 through June 26 at 10:00 am – 1:00 pm

THERAPY DOG PROGRAM at Hospice Wellington, Guelph

This program offers a tea/coffee hour along with therapy dog interactions to individuals living with a progressive, life-limiting illness and their caregivers.

Dates: Every Friday, April 5 through June 28 from 10:00 – 11:00 am (no program on Good Friday, April 19, 2019)

HOSPICE WELLINGTON: ONE-TO-ONE PALLIATIVE SUPPORT PROGRAM

Hospice Wellington offers One-to-One Volunteer Companionship with a Hospice Wellington trained volunteer. Volunteer

visits can take place at Hospice Wellington, in the community, or at the client's home. **Dates/Location: Individual Schedules & Times**

INTEGRATED WELLNESS

BEREAVEMENT WALKING GROUP

This walking group is offered to support bereavement clients through weekly participation in gentle physical exercise.

Each group format includes a warm-up to begin, outdoor trail walking or indoor track walking, & concludes with gentle stretching.

Dates: Tuesdays, April 2 through June 25 at 10:00 - 11:30 am

Location: Royal Distributing Athletic Performance Centre (RDAPC) 7384 Wellington Road 30, GUELPH (Marden Road)

STUDENT MASSAGE PROGRAM at Hospice Wellington, Guelph

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

Dates: Tuesdays & Thursdays, April 2 through June 27

Times: Scheduled appointments at 4:00 pm OR 4:50 pm OR 5:40 pm

GENTLE YOGA at Hospice Wellington, Guelph

This program offers gentle yoga practices to promote a sense of balance and well-being in the whole person. This program is open to our palliative clients, caregivers, and bereavement clients, of all levels of ability.

Dates: Mondays, April 1 through June 24 (except Stat. Holidays) from 1:00 - 1:45 pm

THERAPEUTIC TOUCH®

Available to our palliative clients to promote healing and well-being by facilitating the body's natural restorative process, this modality can be provided with or without direct physical contact. Our volunteers also provide Therapeutic Touch in the Chemotherapy Clinics of Guelph General Hospital, and Groves Memorial Community Hospital in Fergus.

ART THERAPY BEREAVEMENT SUPPORT

ART THERAPY: Exploring Grief through Art Therapy at Hospice Wellington, Guelph

This 12-week closed group will use a variety of art-making materials to explore personal life experiences connected to the grief process and memory work towards increased self-awareness and overall well-being.

Dates: Tuesdays, April 2 – June 18 from 6:00 – 9:00 pm

OPEN STUDIO PRACTICE at Hospice Wellington, Guelph

To provide and promote a creative therapeutic environment for Hospice Wellington clients, supporting the continuation of the individual journey through art-making and narrative practices.

Dates: Saturdays, April 6, 13, 20, May 4, 11, June 8, 15, 22 from 11:00 am – 2:00 pm

ANNUAL YOUTH LEGACY PROJECT, Location TBA

This annual event supports youth ages 6 – 12 who have been impacted by grief related experiences. Creative expression is used to support individual and collective health and well-being.

Date: Saturday, 10:00 am – 4:30 pm; May 25, 2019 (Lunch and snacks provided)

ENCAUSTIC CARD MAKING WORKSHOP at Hospice Wellington, Guelph

These creative workshops explore the use of Encaustic materials and card making and provide the opportunity for relaxation, playfulness and imagination and no art experience is required.

Dates: Thursdays, April 4, May 2 and June 6, from 6:00 - 8:30 pm

CAREGIVER SUPPORT

CAREGIVER PUBLIC EDUCATION WORKSHOPS at Hospice Wellington, Guelph

Three caregiver workshops are offered to the public and registration is required. These workshops are designed to empower caregivers to identify self-care needs and support strategies. Each topic is offered during the day 9:30-11:00 am on **Monday April 1, Monday May 6, Monday June 3** and in the evening 5:30-7:00 pm on **Monday April 15, Wednesday May 29, Monday June 17**.

CAREGIVER ART THERAPY WORKSHOPS at Hospice Wellington, Guelph

These creative workshops promote self-expression and community connectivity. Individual and group discussion will take place during the workshops to support developing thoughts and an inclusive atmosphere. No art experience is required.

Dates: Thursdays, April 25, May 30 and June 27 from 5:30 – 8:00 pm

EDUCATION and RESOURCES

LENDING LIBRARY

Help yourself to books, DVD's, CD's that are available for loan on topics related to illness, caregiving and bereavement. We also have a "Happy Light" in the lending library which brings daylight indoors by emitting a bright light that safely mimics sunlight. It is believed that sitting in front of this light can help alleviate Seasonal Affective Disorder (SAD) and beat the winter blues.

ACP (ADVANCE CARE PLANNING)

Presentations are available for service clubs, faith communities, corporate wellness lunch-and-learns and community organizations to increase awareness and understanding of Advance Care Planning. This is to encourage everyone to engage in conversations about the care they would like to receive in the event that they are too ill or injured to speak for themselves. Contact Dale at 519-836-3921 ext. 227.

All programs and services are provided at no cost to our clients. Registration is required. Please contact Wendy at (519) 836-3921 ext. 212 or info@hospicewellington.org