



Community Services at a Glance

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

January – March
2019

GRIEF AND BEREAVEMENT SUPPORT

ADULT GRIEF GROUP: Hospice Wellington offers grief and bereavement support to all individuals in Guelph and Wellington County who have lost a loved one either by sudden death or death due to any illness. Adult Grief Group is an 8 week support program.

Date: Wednesdays, January 16 – March 6, 7:00 – 9:00 pm **Location:** Hospice Wellington, GUELPH

SPOUSAL GRIEF GROUP: Hospice Wellington offers grief and bereavement supports to individuals who have suffered the death of a spouse. **Dates:** Tuesdays, January 15 – March 5, 1:00 – 3:00 pm

OR Wednesdays, February 4 – March 27, 1:00 – 3:00 pm

Location: Hospice Wellington, GUELPH

HOSPICE WELLINGTON: ONE-TO-ONE GRIEF SUPPORT PROGRAM:

Hospice Wellington offers One-to-One Volunteer Companionship with a Hospice Wellington trained volunteer. Volunteer visits can take place at Hospice Wellington or at a community space.

Dates: Individual Schedules & Times

WINTER WORKSHOPS

Grief Education Sessions are open to the public and may be attended by clients, volunteers and staff.

January 31: Am I Going Crazy?

February 28: Is there a Time Limit?

March 28: Communication, The Good, Bad & Ugly

Open to the public, Registration Required

Location: Hospice Wellington, GUELPH

6:30 – 8:00 pm

PALLIATIVE & CAREGIVER PROGRAMS

PALLIATIVE DAY PROGRAM at Hospice Wellington, Guelph

Offered 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, January 9 through March 27 at 10:00 am – 1:00 pm

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

CAREGIVER 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 **Mon. January 7, Mon. February 4, Mon. March 4** and in the evening 5:30-7:00 pm on **Mon. January 21, Wed. February 20, Mon. March 18**.

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, January 8 through March 26 at 10:00 - 11:30 am

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

GENTLE YOGA

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 ages and levels of ability.

Dates: Mondays, January 7 through March 25 (except Stat Holidays) at 1:00 pm-1:45 pm **Location:** Hospice Wellington, GUELPH

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

STUDENT MASSAGE PROGRAM

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, January 3 through March 28, 2019 Time: scheduled appointments at 4:00 pm OR 4:50 pm OR 5:40 pm
Location: Hospice Wellington, GUELPH

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 WORKSHOP SERIES at Hospice Wellington, Guelph

This workshop series is designed to support the individual through the exploration of creative materials to promote creative expression and community connectivity.

Dates: Tuesdays, 5:30 – 8:00 pm; January 22, 29, February 5, 26, March 5, 19

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. This program is open to current Hospice Wellington clients interested in exploring creative expression on their healing journey and to support consistent self-care practices.

Dates: Saturdays, 11:00 am – 2:00 pm; January 5, 12, 26, February 2, 23, March 3, 9, 16

ENCAUSTIC CARD MAKING WORKSHOP at Hospice Wellington, Guelph

These creative workshops explore the use of Encaustic materials and card making in a safe and supportive community environment. These workshops provide the opportunity for relaxation, playfulness and imagination and no experience is required.

Dates: Thursdays, 6:00 - 8:30 pm; January 24, February 28, March 28

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.

HAPPY LAMP

We now have a "Happy Light" for our lending library. This light 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 for information.

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VISIT US AT- <https://www.hospicewellington.org>

