

Hospice Wellington is introducing new Bereavement Support Programs

Summer Drop In Series

You can attend one session or the whole series!

Hospice Wellington provides Bereavement Support for sudden death or death due to any illness, to all residents of Guelph and Wellington County, and is free of charge to our clients.

The following Bereavement Support Programs are all located at Hospice Wellington, 795 Scottsdale Drive, Guelph

SUMMER DROP-IN BEREAVEMENT SUPPORT: GRIEF 101

A topic-driven Bereavement Support Group

Wednesday Afternoons from 1:00 – 2:30 p.m.

June 27: Am I Going Crazy?

July 4: Is There A Time Limit?

July 11: Communication, Good, Bad and Ugly

July 18: Village of Attachment

This program is a good starting place for those who have experienced a recent loss or are just beginning to feel the impact of the death.

Learn about what's expected during the first year of grief and helpful coping strategies.

Art Therapy Program Tuesday Workshop Series:

Creative Expressions

Tuesday Evenings from 5:30 – 8:00 p.m.

July 3: Exploring Blackout Poetry

July 10: Expressive Watercolour

**July 17: Nature's Shot: Exploring
Phototherapy**

**August 7th: Close Readings: Exploring Narrative
Medicine Practices**

August 14th: The Creation of the Prayer Bundle

August 21st: The Sound of Music

Art Therapy Program Saturday Open Studio Practice:

Summer Cycle 2018

Saturday Mornings from 11:00 am – 2:00 pm

July 7, 14,

August 11, 18

This Series will continue through the Fall

Please contact Wendy at 519-836-3921 ext. 212 if you are interested in any of these Summer Drop-In Series or to receive more information on all of Hospice Wellington's programs and services.

INTEGRATED WELLNESS

THERAPEUTIC TOUCH

Promotes healing and well-being by facilitating the body's natural restorative process. This modality can be practiced without direct physical contact, and our volunteers also offer this modality in the Chemotherapy Clinics of Guelph General Hospital, & Groves Memorial Community Hospital.

BEREAVEMENT WALKING GROUP

This walking group is offered to support clients in bereavement through weekly participation in gentle physical exercise. Each group begins with warm up exercises, followed by outdoor trail walking, or indoor walking in cases of inclement weather, & ends with gentle stretching. **Dates: Tuesdays, July 3 – September 25 (no group on August 21)** **Time: Tuesday mornings, 10:00 - 11:30 a.m.**
Location: Royal Distributing Athletic Performance Centre (RDAPC) 7384 Wellington Road 30, GUELPH (Marden)

GENTLE YOGA

This program offers gentle yoga practices to promote a sense of balance and well-being in the whole person. Yoga practices are thought to be over 10,000 years old, incorporating breath control, meditation, and holding body postures.

Dates: Mondays, July 9 through September 24 (except statutory holidays) **Time: 1:00 pm-1:45 pm**

Location: Hospice Wellington, GUELPH

STUDENT MASSAGE SESSIONS

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, & bereavement.

Dates: Tuesdays & Thursdays, July 3 through September 27 (no program August 14, 16, 21, & 23)

Time: Scheduled appointments times between 4:00 - 6:15 p.m.

Location: Hospice Wellington, GUELPH

GRIEF AND BEREAVEMENT

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 in the community.

Dates: Individual Schedules **Time: Arranged mutually by client and volunteer.** **Look for upcoming Information on Fall Adult Grief Groups, to be announced soon.**

ART THERAPY

Look for upcoming Information on Fall Art Therapy Workshop Series to be announced soon.

SUPPORT PROGRAMS

DAY AWAY PROGRAM

This program is offered once a week to those living with a life-limiting illness. The Day Away program is a break from the routine, providing a welcoming and friendly environment that gives clients an opportunity to share with others going through similar life experiences. The client must be able to get around unassisted or with the aid of a walker/wheelchair.

July 27 – September 26 Wednesdays 10 a.m. – 2 p.m. (no program August 15 and 21) **Location: Hospice Wellington, GUELPH**

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: Individual Schedules **Time: Arranged mutually by client and volunteer**

EDUCATION/RESOURCES/UPCOMING EVENTS

LENDING LIBRARY

Help yourself to books, DVD's, CD's that are available for loan on topics related to illness, caregiving and bereavement.

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 and 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 more information.

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

