



YOU ARE INVITED TO OUR COMMUNITY SERVICES
OPEN HOUSE~~SATURDAY,
OCTOBER 27TH 2018
PLEASE JOIN US ANY TIME FROM 9:30 AM TO 12:30
PM AT 795 SCOTTSDALE DRIVE

795 Scottsdale Drive, Guelph, ON N1G 3R8
Community Level Phone: 519-836-3921
Residential Level Phone: 519-822-6660



Community Services at a Glance

Contact Wendy at 519-836-3921 ext. 212
for more information

September -
December 2018

GRIEF AND BEREAVEMENT

ADULT GRIEF GROUP: Hospice Wellington offers grief and bereavement support to individuals who have lost a loved one.

Dates: Wednesdays, October 3 – November 21, 7:00 – 9:00 p.m. **Location:** Hospice Wellington, GUELPH

SPOUSAL GRIEF GROUP: Hospice Wellington offers grief and bereavement supports to individuals who have suffered the death of a spouse, often one of the most difficult losses. **Wednesdays, September 26th to November 14th, 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 in the community.

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

FALL WORKSHOPS

90 Minute Workshops designed to gently discuss common themes that are part of the grieving process.

October 4th: How Can I Be Thankful?

November 1st: How To Help my Grieving Friend Through Grief

November 29th : Cope and Hope for the Holidays

Location: Hospice Wellington, GUELPH
Thursdays 6:30 – 8:00 pm

SUPPORT PROGRAMS

PALLIATIVE DAY PROGRAM

Formerly known as “Day Away”, please join us on Wednesdays beginning September 19th through to December 19th, for revitalized programming intending to support our community palliative clients. **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

CAREGIVER SUPPORT

Please register for our new model of support beginning in January 2019 that is specific to the needs of caregivers. This program will be designed to empower caregivers to identify their self-care needs and learn support strategies they can use not only at our facility, but also in the comfort of their own home. **Location:** Hospice Wellington, GUELPH

INTEGRATED WELLNESS

BEREAVEMENT WALKING GROUP

Our 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 walking trail or indoor walking track, & concludes with gentle stretching.

Dates: Tuesdays, September 4th to December 11th, resuming January 8th 2019 at 10:00 - 11:30 a.m.

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, September 10th to December 17th (except Stat Holidays) at 1:00 pm-1:45 pm **Location:** Hospice Wellington, GUELPH

STUDENT MESSAGE 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, & bereavement.

Dates: Tuesdays & Thursdays, September 4th to December 6th (except Sept. 13th) Time: scheduled appointments from 4:00 - 6:15 p.m.
Returns January 8th 2019 following winter exam break 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

OPEN STUDIO PRACTICE

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

Dates: October 20, 27, Nov 3, 10, 17, December 1, 8, 15, Saturday mornings, 11:00 - 2:00 p.m. Location: Hospice Wellington, GUELPH

SCULPTING WITH SOAPSTONE

Exploring the use of Soapstone through sculpture to engage personal insight connected to life experiences and to support the healthy integration of the individual and collective grief process.

Dates: Tuesdays, October 2nd through December 11th Time: 6:00 – 9:00 pm Location: Hospice Wellington, GUELPH

ENCAUSTIC CARD MAKING WORKSHOP

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

Dates: Wednesdays starting in October. Dates to be announced. Location: Hospice Wellington, GUELPH

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.

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 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 information.



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

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.