



Community Services At a Glance



Spring 2025

795 Scottsdale Drive
Guelph, ON N1G 3R8
Community Services: 519 836 3921 Residence: 519 822 6660

You do not have to access our residential support to receive support in the community. From early diagnosis with an expected prognosis of under 18 months, and for those who are caregiving or grieving the loss of a loved one, Hospice Wellington hosts many programs and workshops to support adults living in Guelph and Wellington County. Our services are offered at no cost to you thanks to the generous support of those who donate to Hospice Wellington.

PALLIATIVE CARE SUPPORT

This support is available to individuals in a palliative model of care with a prognosis of 18-months or less.

CAREGIVER SUPPORT

This support is available to adult family members or close friends supporting those in a palliative model of care.

GRIEF SUPPORT

This support is available to adults who are grieving the death of a loved one.

WORKSHOPS & EDUCATION SESSIONS-Everyone Welcome

Sanctuary of Music - Guelph

Friday, April 4, May 2, June 6, 11:00am - 12:00pm

St. George's Anglican Church - 99 Woolwich St. Guelph

No registration required.

Join us for an hour of contemplative music in the community, intended to transport listeners into a place of deep comfort. The music comes through organ, piano and songs with guitar, collaboratively shared by Gerald Manning (retired organist) and Hospice Wellington's Music Therapist, Catherine Manning.



Anticipatory Grief – Guelph

Monday, April 21, 1pm - 3pm

Anticipatory Grief occurs prior to a death. It is a normal emotion, but it can also be confusing and painful. This workshop will help you understand anticipatory grief and learn helpful coping strategies. **Please RSVP by using the following link:**

<https://www.tickettailor.com/events/hospicewellington2/1535376> or by scanning the QR Code above.

Songs of our Lives: Weaving the Tapestry- Drop-in Music Therapy Workshop

Monday, April 28, May 26, June 30, 10:00am - 11:30am - Rockwood

Wednesday, May 14, 3:00pm - 4:30pm - Alma

Music offers a unique way of stepping through our lives, and of coming alongside others as we explore memories and the feelings that it evokes. Please join us for singing, reminiscing, and connecting with one another. We will journey through songs of our lives and explore how music can help enhance our wellbeing.



Being Prepared - Advance Care Planning - Guelph

Thursday, May 8, 6:00pm - 8:00pm

Who will speak for you when you can no longer speak for yourself? This workshop will help you to identify your Substitute Decision Maker and how to appoint a Power of Attorney for your Health Care Decisions. We will also discuss how to start this difficult conversation with family and friends so that you can be sure your wishes will be fulfilled. **Please RSVP by using the following link:**

<https://www.tickettailor.com/events/hospicewellington2/1535417> or by scanning the QR Code above.



Being Prepared - Organizing Your Documents - Guelph

Thursday, May 15, 1:00pm - 3:00pm

This workshop will help guide you and your family as you prepare for those "Just in case" moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn't know who to ask.

Please RSVP by using the following link: <https://app.tickettailor.com/events/hospicewellington2/1539194> or by scanning the QR Code above.



Caregiving and Wellness - Guelph

Monday, June 16, 1:00pm - 3:00pm

This workshop is designed to help caregivers recognize and prevent caregiver fatigue. We will explore ideas and strategies to promote everyday wellness. This is an opportunity to learn in a setting with others who are also caregivers.

Please RSVP by using the following link: <https://www.tickettailor.com/events/hospicewellington2/1535447> or by scanning the QR Code above.

Grief & Bereavement Community Information Session- Journeying Through Grief- Guelph/Virtual

Tuesday, June 24, 6:00pm - 8:00pm

This presentation is open to anyone in the community. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Virtual and in-person attendance available.

Please RSVP by using the following links or by scanning the QR Codes below.



In-person: <https://www.tickettailor.com/events/hospicewellington2/1535478>



Virtual: <https://www.tickettailor.com/events/hospicewellington2/1535496>



Navigating Your Supports - Guelph

Monday, June 30, 1:00pm - 3:00pm

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for and give you tools to map out these support systems in a straightforward way.

Please RSVP by using the following link: <https://www.tickettailor.com/events/hospicewellington2/1535521> or by scanning the QR Code above.

COMMUNITY OUTREACH

Ambassador Program

Our team of Ambassadors is available to speak to your group about the many palliative, caregiver, and grief support programs available at Hospice Wellington for individuals and families in Guelph and Wellington County.

4-Part Information Series

This series of workshops are designed to introduce the public to the community support available through Hospice Wellington. These workshops provide practical information and tools to use as you discuss your own health care journey, begin to ask questions about a life-limiting diagnosis or what it means to be a caregiver.

- Caregiving and Wellness
- Being Prepared - A Guide for End-of-Life Planning
- Navigating Your Supports
- Advance Care Planning

Presentations are available for service clubs, faith communities, corporate and community groups.

If you are interested in booking one of these workshops for your organization, please call Julie Martin-Jansen, Hospice Wellington's Outreach Coordinator at 226-979-6758 or email juliem.jansen@hospicewellington.org

PROGRAMS & SERVICES FOR REGISTERED HOSPICE CLIENTS

If you wish to find out more about becoming a registered hospice client, please contact info@hospicewellington.org or call 519-836-3921 ext. 228 to schedule a conversation with one of our Community Coordinators.

Available to All Registered Clients

1:1 Support - In-person, or by Phone

One-to-One in-person and phone support is available with a trained volunteer companion. Mutually agreeable session dates, times, and frequency are arranged between the client and volunteer.

Gentle Yoga- Guelph

Select Mondays

This gentle yoga program includes breathing exercises, simple stretches and poses, and mindful meditation. Modifications will be offered for those practicing with limitations or injuries.

Reiki - In Person, and Distance

A subtle and effective form of energy healing originating from Japan in the early 1900s. Our volunteers offer sessions by phone or in person.

Therapeutic Touch® (TT) - In Person, Distance

An evidence-based form of energy healing that incorporates the intentional and compassionate use of universal energy. Sessions are available with our volunteers by phone or in person.

Monthly Encaustic Card-Making Workshops - Guelph

Wednesday April 23 1:00pm - 3:30pm, Thursday, May 29, 10:00am - 12:30pm, Tuesday, June 17, 5:30pm - 8:00pm

Monthly encaustic card-making workshops aim to support creative encounters in our welcoming Art Therapy studio. No experience is necessary, but rather a willingness to explore simple encaustic wax techniques for the creation of one-of-a-kind cards in a warm community environment. Take home a hand-made original card with you each session!

Horticultural Wellness Workshop - Location to be Determined

Monday, May 26, 1:30pm - 3:30pm

Open to all Hospice Wellington Clients. These workshops are intended to help build the connection between us and nature, using each of our senses, and exploring how nature can aid our mental health.

Art Therapy Open Studio - Guelph

Wednesdays, May 7 – June 18, 10:30am - 1:30pm

Fridays, March 28, April 4, 11, 25, May 2, 9, 16, 10:30am - 1:30pm

This offering is open to gently support all individuals who wish to engage in their own art making process in a community environment. Once registered, drop-in for the time you need to engage with your artistic self and others. Staff and compassionate Hospice Wellington Volunteers are present to assist you as required with the development and implementation of your unique creative process and art projects.

Palliative Care Support

Palliative Day Program - Guelph

Wednesdays, 10:00am - 1:00pm

Our Palliative Day Program offers a friendly environment for clients living with a life-limiting illness. It provides activities for social and emotional support in a relaxed setting, while caregivers have an opportunity for respite.

Caregiver Support

Caregiver & Bereavement Walking Group

Tuesday afternoon - Guelph

Friday morning - Mount Forest

Our walking group bridges peer support and social connections while participating in physical exercise.

Grief Support

Caregiver & Bereavement Walking Group

Tuesday afternoon - Guelph

Friday morning - Mount Forest

Our walking group bridges peer support and social connections while participating in physical exercise.

Grief Peer Support Group - Guelph/Virtual

Tuesdays, April 8 - May 27, 1:00pm - 3:00pm

A weekly peer support group which runs for 8 weeks intended for adults who have experienced the death of a loved one. This group will be a closed group, meaning that participating members will remain the same throughout the 8 weeks. Virtual and in-person attendance available.

Grief Peer Support Group - Virtual

Tuesdays, April 9 - May 28, 6:00pm - 8:00pm

A weekly online peer support group which runs for 8 weeks intended for adults who have experienced the death of a loved one. This group will be a closed group, meaning that participating members will remain the same throughout the 8 weeks.

Lighten the Load Grief Drop-In - Guelph

Friday, May 16, 1:00pm - 3:00pm

Friday, June 20, 1:00pm - 3:00pm

Each Drop-In opportunity will provide an unstructured space to support peer conversations, games, and gentle support with navigating tasks arising from the loss of a supportive person. Participants are

encouraged to bring along iPads or laptops, forms, or questions that our staff and volunteers can assist with to help navigate support.

Grief & Bereavement Email Support Program

Grievers and their supportive people will receive weekly email messages providing psychoeducational support, acknowledgement as well as emotional and practical support suggestions informed by evidence-based grief research.

Gentle Art Therapy Invitations - Guelph

Tuesdays, April 8 - June 10, 6:00pm - 8:45pm

This structured Art Therapy group incorporates weekly topics using art-making materials to explore aspects of self-care, self-expression, and processing of challenging emotions and experiences connected to the individual's journey with grief. Ten sessions per cycle, with occasional breaks. No artistic experience, skill, or training is required to participate.

HOSPICE WELLINGTON SIGNATURE EVENTS

Hospice Wellington Presents: The Retro Royale- 80's Style February 13th, 2025- Hospice 45th Anniversary

We present the **80's Retro Royale**- in honour of Hospice Wellington being **"born" in the 80's and to celebrate our 45th anniversary.**

This premiere event will raise funds for Hospice Wellington's end-of-life supportive programs and services. **TICKETS ON SALE NOW!!!!**



Hike for Hospice – June 1, 2025

The annual Hike for Hospice is an event that welcomes families and friends to honour those who have been touched by Hospice Wellington. Teams and individuals register to create their own online teams and invite their fans to sponsor them. The Hike takes place in June, most recently in Riverside Park and winds along the beautiful Speed River Trail. The group celebrates together with a BBQ and samplings of various Hospice Wellington services.



Host Your Own Event - 3rd Party Events

Third-party fundraisers are planned and executed by individuals, businesses, community groups, and even our own volunteers, all who are passionate about supporting a charity. You can make a difference by hosting your own event to raise critical funds for Hospice Wellington.

Contact Information

Phil Gourlay – Events Planner

(519) 836-3921 x 231

pgourlay@hospicewellington.org

795 Scottsdale Drive, Guelph, ON N1G 3R8

