



# Community Services At a Glance



## Fall 2023

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

**Hospice Wellington supports clients through the experience of life-limiting illness, caregiving, and bereavement. All Hospice Wellington services are provided at no cost to our clients. Our programs take place at locations throughout Guelph and Wellington County.**

**Registration is required unless otherwise noted.**

**To register, contact: [info@hospicewellington.org](mailto:info@hospicewellington.org) or call, 519-836-3921 ext. 228**

### **Our palliative care supports...**

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

### **Our caregiver supports...**

...are available to family members or close friends supporting those in a palliative model of care.

### **Our bereavement supports...**

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

## **AVAILABLE TO ALL CLIENTS**

### **1:1 Support**

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.

### **Therapeutic Touch® (TT) – In Person & By 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.

### **Gentle Yoga Sessions**

#### **Mondays**

This is a gentle class that includes breathing practice, simple stretches and poses, and mindful meditation. Modifications will be offered for those practising with limitations or injuries.

### **Reiki**

#### **Tuesdays**

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

## Massage Therapy Sessions

### Thursdays

Our appointments are provided by our Registered Massage Therapist (RMT), to support the physical manifestations of grief, caregiving, and palliative care.

## Horticultural Wellness Workshop

**Monday September 18, 1:00pm - 3:00pm (Enabling Gardens-Riverside Park)**

**Monday October 2, 1:00pm - 3:00pm (Hospice Wellington)**

**Monday October 30, 1:00pm - 3:00pm (Hospice Wellington)**

**Monday November 13, 1:00pm - 3:00pm (Hospice Wellington)**

Open to all Hospice Wellington Clients. These workshops are intended to ground each individual in nature using each their senses, and exploring how nature can aide our mental health, even when we are limited by winter weather.

## Art Therapy Open Studio

**Fridays, October 13 - October 27, November 10 - December 1, 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.

## Monthly Encaustic Card-Making Workshops

**Tuesdays, September 12, October 3, November 14, 1:00 - 3:30pm**

**Thursdays, September 21, October 26, November 23, 6:00 - 8:30pm**

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!

## Grief & Bereavement Community Information Session- Journeying Through Grief

**Friday, September 8, 2:00pm - 3:00pm**

**Friday, December 8, 2:00pm - 3:00pm**

This one-hour 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. In-person and virtual attendance available.

## Being Prepared – A Guide to End-of-Life Planning and Support

**Thursday, September 28, 10:00am – 12:00pm**

This workshop will focus on being prepared, “just in case.” Navigating Hospice Wellington's Guide for End-of-Life Planning and Support. Using a case study, we will guide your through the process of end-of-life planning.

## A Sanctuary of Music

**The FIRST Friday of every month, October 6 - December 1, 11:00am – 12:00pm**

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

Feel free to 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 Catherine Manning (Hospice Music Therapist). **No registration required.**

## Music Therapy

Music offers a wonderful way of stepping through our lives, and of coming alongside others as we explore memories and the feelings that they evoke.

### **Songs of our Lives – Weaving the Tapestry**

*The last Monday of every month, September 25 - November 27, 10:00am - 11:30am*

**Rockmosa Older Adult Centre (enter through the library), 121 Rockmosa Dr, Rockwood**

In partnership with the Rockmosa Older Adult Centre.

### **Music Therapy: Circle of Songs, Circle of Stories**

*Wednesdays, November 8, 22, December 6, 20, 1:30pm – 3:00pm*

**Elora Centre for the Arts, 75 Melville St, Elora**

In partnership with the Elora Centre for the Arts.

### **Advance Care Planning**

*Wednesday, October 25, 10:00am – 11:30am*

**Victoria Park Seniors Centre- 150 Albert St W, Fergus**

We encourage everyone to engage in conversations about the care they would like to receive if they are too ill or injured to speak for themselves. This workshop will provide information about advance care planning.

### **“I Don’t Know What to Say”**

Join us and learn how to overcome the “I don’t know what to say” syndrome. Do you face obstacles in knowing what to say or how to help a friend or loved one facing a terminal illness or grieving the loss of a loved one? All you need is the desire to help and an understanding of what is going on. Talking about death is never easy – being there and listening can provide relief to the person simply by listening and allowing them to talk. You can help, even if you don’t have all the answers. We will look at obstacles on what to say and how to overcome them.

*In partnership with the Senior's Centre for Excellence*

***Thursday, September 21, 12:00pm - 1:30pm (virtual)***

*In partnership with Rockmosa Older Adult Centre*

***Tuesday, October 24, 10:30am – 12:30pm***

**Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood**

*In partnership with Victoria Park Seniors Centre*

***Wednesday, November 22, 10:00am – 11:00am***

**Victoria Park Seniors Centre- 150 Albert St W, Fergus**

*In partnership with the Senior's Centre for Excellence*

***Wednesday, November 29, 12:00pm – 1:30pm***

**Clifford United Church- 11 Allan St E #1, Clifford**

## **PALLIATIVE CARE/ CAREGIVER SUPPORT**

### **Palliative Day Program**

***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 Coffee Conversations**

***Every other Friday, September 8 – December 15, 1:00pm - 2:30pm***

**The Old Post Script Room- 39 Elora St, Harriston**

This program provides a welcome and supportive group environment that enables caregivers to share their experiences, hear how others have met similar challenges and identify strategies for self-care. We will also have guest speakers and music therapy sessions.

### **Caregiver Coffee Conversations**

**Every other Tuesday, September 19 – December 12, 9:30am - 11:30am**

**Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood**

In partnership with Rockmosa Older Adult Centre. This program provides a welcome and supportive group environment that enables caregivers to share their experiences, hear how others have met similar challenges and identify strategies for self-care. We will also have guest speakers and music therapy sessions.

### **Caregiver Support Group**

**The last Monday of every month, beginning September 25, 1:30pm - 3:00pm**

**Mount Forest Library – 118 Main St N. Mount Forest**

Partnering with Mount Forest Family Health Team and Cancer Patient Services, we will be offering a monthly Caregiver Support Group for anyone who is a caregiver. This is an opportunity to meet other caregivers, share stories and identify strategies for self-care.

## **BEREAVEMENT SUPPORT**

### **Grief Loss Support Group**

A weekly support workshop 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. In-person and virtual attendance available.

**Mondays, October 2 - November 27, 6:00pm - 8:00pm**

***Hospice Wellington (In-person and virtual)***

**Mondays, September 11 - November 13, 6:00pm - 8:00pm**

**Mount Forest Library – 118 Main St N. Mount Forest (In-person)**

### **Spousal Loss Support Group**

**Mondays, October 2 - November 27, 3:30pm - 5:30pm**

A weekly support workshop which runs for 8 weeks intended for individuals who have experienced the death of a spouse or partner. This group will be a closed group, meaning that participating members will remain the same throughout the 8 weeks. In-person and virtual attendance available

### **Bare Ink Bereavement Writing Workshop**

**Friday September 15, 1:00pm - 3:00pm**

This workshop is a safe, creative space to express your grief in writing. The workshop will include reflection, writing time and discussion. In-person and virtual attendance available.

### **Mourning Walking Group**

**Tuesdays, 10:00am - 11:15am**

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

### **Bereavement Walking Group**

**Fridays, 10:00am - 11:00am**

**Mount Forest & District Sports Complex - 850 Princess St, Mount Forest**

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

### **Surviving the Holidays Workshops**

For many people the holiday season can be frustrating, stressful, overwhelming, and lonely. This workshop shares some tips to get through the season with self-compassion.

**Tuesday November 28, 10:00am - 11:30am**

**Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood**

**Monday December 4, 1:00pm - 2:00pm**

**Victoria Park Seniors Centre- 150 Albert St W, Fergus**

**Friday December 15, 6:00pm - 7:00pm**

**Hospice Wellington-Hybrid Option**

### **Gentle Art Therapy Invitations**

**Tuesdays, September 26 - December 12, 6:00pm - 8:45pm**

**Thursdays, September 28 - December 14, 10:00am - 12:45pm**

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. No artistic experience, skill, or training is required to participate.

### **Expressions of Grief: Candle Making Workshops**

**Friday December 15, 1:00pm - 3:30pm**

**Tuesday December 19, 10:00am - 12:30pm**

**Thursday December 21, 6:00pm - 8:30pm**

Remembering a loved one who is no longer physically with us during the holiday season can be a difficult experience to put into words. Hospice Wellington's Art Therapy Program is providing a series of candle-making workshops to celebrate and honour connections with your loved ones. We hope to aide you in creating a little space and light to support meaning-making and the safe expression of emotions during this time.

### **Music Therapy Bereavement Group**

**Thursdays, September 7 - October 26, 2:00pm - 4:00pm**

There are many ways to explore and to be present with our loss. Music has a way of coming alongside us in our lives, speaking where words fail, or perhaps giving us new language for our experience. This bereavement group will weave songs and stories to support you in this difficult time, and is facilitated by Catherine Manning, Music Therapist on staff at Hospice. There is no expectation of prior musical background.

## **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 Wellington.

### **Advance Care Planning**

Presentations are available for service clubs, faith communities, corporate and community groups to increase awareness and understanding of Advance Care Planning.

## OTHER HOSPICE WELLINGTON UPCOMING EVENTS

**SAVE THE DATE!**

December 2023



### **Hospice Wellington's Annual Tree of Remembrance**

**Details coming soon...**

The Tree of Remembrance occurs every December and is a long-standing holiday campaign for Hospice Wellington. Christmas ornaments are sold as a fundraiser both online and within the community. In years past, we have had a booth at Stone Road Mall in Guelph throughout the month of December to sell ornaments and accept donations. One of the most important parts of this campaign is that those purchasing ornaments can place a Remembrance Tag on our Tree of Remembrance to honour their loved one that they have lost. Each spring, all tags are ceremoniously burned.