



Community Services At a Glance



Spring 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.

Registration is required. Contact: 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. When available, in-person visits take place at Hospice Wellington or outdoors. **Registration required.**

Reiki

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

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. **Registration required.**

Gentle Yoga Program

Mondays, April 3-June 26, 2:00pm-3:00pm

This is an opportunity for you to restore yourself through the practice of gentle yoga. This 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. These one-hour long sessions are intended to nurture you, body, and soul. **Registration required.**

Horticultural Wellness Workshop

Monday, May 29, 1:00pm-3:00pm & Monday, June 26, 1:00pm-3:00pm

This workshop will help us feel grounded to nature using each of our senses. This workshop will be held at the Enabling Garden located in Riverside Park and will be facilitated by their Horticultural Therapist. Come prepared for the weather. **Registration required.**

Gentle Art Therapy Invitations

Select Tuesdays, April 4 – June 27, 6:00pm-8:45pm

Select Thursdays, April 6 – June 29, 10:00am-12:45pm

Weekly topics to explore aspects of self-care, self-expression and processing of challenging emotions connected to your journey with grief. This structured Art Therapy group seeks to support individuals working through the grieving process, and/or informal caregivers supporting individuals facing end-of-life with palliative diagnoses. No artistic experience, skill, or training is required to participate. All materials provided. **Registration required.**

Art Therapy Open Studio

Fridays, April 21, 28, May 12, 19, June 2, 9, 16, 10:30am-1:30pm

Open Studio is offered for 3 hours on select Fridays throughout the year. This offering is open to caregivers of individuals facing end-of-life with palliative diagnoses, and individuals navigating the grief process who wish to engage in their own art making process in a community environment. No artistic experience, skill, or training is required to participate. Staff and compassionate Hospice Wellington Volunteers are present to assist you as required. All materials provided. **Registration required.**

Monthly Encaustic Card-Making Workshops

Tuesdays, April 4, May 2, June 6, 1:00pm-3:30pm

Thursdays, April 20, May 18, June 22, 6:00pm-8:30pm

Monthly encaustic card-making workshops aim to support creative encounters. No experience is necessary, but rather a willingness to explore simple encaustic wax techniques for the creation of one-of-a-kind card in a warm community environment. Take home an original card with you each session! These workshops supported by Hospice Wellington Volunteers. All materials provided. **Registration required.**

A Sanctuary of Music

The fourth Friday of every month, 11:00am

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

Please join us in a space of quiet, music-centered tranquility. Gerald Manning, Organist Emeritus of St George's, will be joined by Catherine Manning, Music Therapist of Hospice Wellington. This offering is a community outreach project of Hospice Wellington. The music will draw on many musical traditions, from Classical to Celtic, with the hope to transport listeners into a place of deep comfort. **No registration required.**

Grief & Bereavement Community Information Session- Journeying Through Grief

Wednesday, May 31, 6:00pm-7:00pm

Wednesday, June 28, 6:00pm-7:00pm

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. Virtual attendance available. **Registration required.**

Guide for End-of-Life Planning & Support

Thursday, June 22, 1:30pm-3:00pm

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 you through the process of end-of-life planning. **Registration required.**

Pet Bereavement Seminar

Thursday, April 20, 6:00pm-8:00pm

Hospice Wellington and the Ontario Veterinary College (OVC) Pet Trust have partnered to bring you information about Pet Loss presented by Sarah Bernardi, a full-time clinical counsellor at the OVC Health Sciences Centre. During this information session Sarah will share her insight into grieving for a pet and share pet loss resources available through the OVC Pet Trust. **Registration is required.**

PALLIATIVE CARE/ CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00am-1:00pm

Our Palliative Day Program is offered at Hospice Wellington and 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. Clients can be referred by their family, healthcare professionals and friends, or they can make their own referral. **Registration required.**

Caregiver Coffee Conversations

Every other Tuesday beginning April 4, 10:00am-11:00am

Our Caregiver Coffee Conversations offers caregivers a break from the emotional and physical demands of caring for a family member or friend receiving a palliative approach to care. It provides a welcoming and supportive group environment that enables caregivers to share their experiences, hear how others have met similar challenges and identify strategies for self-care. Light refreshments are provided. Caregivers can be referred by their family, healthcare professionals and friends, or they can make their own referral. **Registration required.**

BEREAVEMENT SUPPORT

Adult Loss Support Group- 8-week program

Wednesdays, April 5 – May 24, 6:00pm-8:00pm

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. **Registration required.**

Spousal Loss Support Group-8-week program

Mondays, April 3 - May 22, 6:00pm-8:00pm

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. **Registration required.**

Bare Ink Bereavement Writing Workshop

Friday, May 12, 10:00am-12:00pm

Friday, June 9, 10:00am-12:00pm

This workshop is a safe, creative space to express your grief in writing. The act of writing in a space that nurtures creativity can help us express thoughts and feelings that we may not be able to otherwise. The workshop will include reflection, writing time and discussion. Virtual attendance available. **Registration required.**

Mourning Walking Group

Tuesdays, 10:00am-11:15am

Our walking group bridges peer support and social connections between griever while participating in physical exercise. **Registration required.**

COMMUNITY OUTREACH

Advance Care Planning Workshop

Wednesday, April 19, 6:00pm-7:30pm

Join us for an informative session to learn about Advance Care Planning. We'll discuss health care consent and how to have important conversations with the person who will make health care decisions for you if you become incapable of making them yourself. **To register contact Dale Gellatly at dale.gellatly@hospicewellington.org**

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. **Contact Dale at 519-836-3921 ext. 227**

SUPPORTS IN WELLINGTON COUNTY

AVAILABLE TO ALL CLIENTS

Music Therapy: Songs of our Lives – Weaving the Tapestry- Circle of Stories/Circle of Songs

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.

The last Thursday of every month, 10:00am-11:30am

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

In partnership with the Rockmosa Older Adult Centre. **Registration required.**

Every other Wednesday, March 22 – June 28, 2:30pm-4:00pm

Elora Centre for the Arts, 75 Melville St, Elora

In partnership with the Elora Centre for the Arts. **Registration required.**

PALLIATIVE CARE/ CAREGIVER SUPPORT

Caregiver Coffee Conversations

Every other Friday, 1:00pm-2:30pm

The Old Post Script Room- 39 Elora St, Harriston

This group 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. **Registration required.**

The Joyful Caregiver Group

Every other Friday starting January 27-May 26, 2:30pm-4:00pm

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

We will look at 8 steps to prevent caregiver burnout based on the book by Josephine Grace. It's an opportunity to meet other caregivers, share your stories and learn ways to manage your stress. We will discuss the importance of life outside of your caregiver role so that the JOY of life is not forgotten. **Registration required.**

Monthly Caregiver Support Group

The last Monday of every month, 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 are offering a monthly Caregiver Support Group. This is an opportunity to meet other caregivers, share stories and identify strategies for self-care. **Registration required.**

BEREAVEMENT SUPPORT

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. This group takes a summer break in July and August and resumes in September. **Registration required.**

WORKSHOPS

Creating your own Care Map

Wednesday, April 12 (In-person at Hospice Wellington), June 28 (Virtual), 6:00pm-8:00pm

In partnership with the Upper Grand Family Health Team, we are offering this workshop to help create your own circle of care map and wish list. **To register contact Nicole Morgan at 519-843-3947 ext. 123 or nicole.morgan@uppergrandfht.org**

Advance Care Planning

Wednesday, June 21, 1:00pm-2:30pm

Mount Forest Library – 118 Main St N. Mount Forest

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. **Registration required.**

The Cost of Caring – Compassion Fatigue (Empathic Strain)

Thursday, April 6 (Virtual), 6:00pm-8:00pm

Compassion Fatigue happens when caregivers and health care workers become too physically, emotionally, and mentally exhausted due to the demands of their role. This workshop will define what it is, what it looks like, and strategies to help prevent it. **Registration required.**

**The following programs are provided in partnership with Victoria Park Seniors Centre in Fergus.
Call to Register: Victoria Park Seniors Centre at 519-846-9691 ext. 204**

Advance Care Planning

Wednesday, May 17, 10:30am-12:00pm

Victoria Park Seniors Centre- 150 Albert St W. Fergus

This workshop will help increase awareness and understanding of Advance Care Planning. 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.

The Cost of Caring – Compassion Fatigue (Empathic Strain)

Wednesday, June 14, 10:30am-12:00pm

Victoria Park Seniors Centre- 150 Albert St W. Fergus

Compassion Fatigue happens when caregivers and health care workers become too physically, emotionally, and mentally exhausted due to the demands of their role. This workshop will define what it is, what it looks like, and strategies to help prevent it.

Self-Advocacy for Health Care Considerations

Thursday, April 13, 10:30am-12:00pm

Victoria Park Seniors Centre- 150 Albert St W. Fergus

Conversations with Healthcare professionals can be difficult for many reasons. This workshop will help you be an ACTIVE participant in your own healthcare journey by knowing your rights in every conversation. This workshop is the creation of Waterloo Wellington Older Adults Strategy.

Anticipatory Grief

Wednesday, August 9, 10:30am-12:00pm

Victoria Park Seniors Centre- 150 Albert St W. Fergus

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.

OTHER HOSPICE WELLINGTON UPCOMING EVENTS

MAKING YOUR PLANNING EASIER

To register for any of the following two sessions, please contact Anne MacKay at anne.mackay@hospicewellington.org or 519-836-3921 ext. 251.

Back by Popular Demand ... **Income Tax Reduction and Estate Tax Elimination Session**

Thursday, May 18, 1:45pm-3:00pm, 10C Downtown Guelph, In-Person

Thursday, May 25, 10:15am-11:30am, Virtual

Tuesday, June 6, 1:45pm-3:00pm, Mount Forest Public Library, In-Person

Lynn Whetham, CFP, will be sharing an overview of how people can address taxes, both now and for their estates. This informative and even humorous session gives participants a sample of approaches both simple and complex that are encouraged by CRA. To answer specific questions, Lynn is available for free one-hour sessions to discuss YOUR situation and offers suggestions to take back to YOUR own advisors.

NEW: Having your "Just in Case" File Ready ... Navigating the End-of-Life Planning Guide

Tuesday, May 30, 1:45pm-3:00pm, Virtual

Hospice Wellington's own Julie Martin-Jansen responded to the requests of rural communities to gather the key information needed at the end-of-life and beyond. She will guide attendees through the key conversations that we can have now while we are in good health to make future decisions so much easier. Let her walk you through the example of H el ene and Bob, and some of the decisions that had a huge impact on their lives. Bonus: participants may have a free copy of Hospice Wellington's "A Guide for End-of-Life Planning & Support" booklet.

SAVE THE DATE- 2023:

Hospice Wellington's Annual Handbags for Hospice- February 23rd

Mark your calendars for February 23rd, 2023!

We are so thrilled to be back for the 6th Annual Handbags for Hospice event taking place live at the Delta Conference Centre in Guelph on Thursday, February 23, 2023.

We hope you will join us and invite your family and friends! It will be an exciting night filled with amazing handbags, wonderful prizes, and fundraisers, all in support of Hospice Wellington.

TICKETS ARE ON SALE NOW for \$95, which includes access to our Handbags for Hospice event, complimentary glass of champagne, tasty hors d'oeuvres and desserts, and a take home gift. The option to purchase a table of ten for the evening is also available on the website.

To purchase tickets, visit:

<https://www.handbagsforhospicewellington.ca/liteui/?controller=home>

Get Your Tickets Now!

February 23th, 2023

Handbags FOR HOSPICE WELLINGTON

andra arnold & associates

The graphic features a purple background with a yellow handbag in the foreground. A tag on the bag says "Handbags". In the background, other handbags are visible. A QR code is located in the bottom left corner, and the logo for "andra arnold & associates" is in the bottom right corner.