



Community Services At a Glance



Summer 2024

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 in order 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 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



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

Friday, June 7, 1:30pm – 3:30pm

This workshop will focus on being prepared “just in case” by navigating Hospice Wellington's Guide to End of Life Planning and Support. Using a case study, we will guide you through the process of planning for End of Life.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1157967> or by scanning the QR Code above.

Preventing Caregiver Burnout

This workshop will help caregivers identify signs and symptoms of burnout, identify the warning signs, and learn about how to prevent burnout while introducing self-care strategies.

In partnership with Victoria Park Seniors Centre:

Thursday, June 13, 10:00am – 11:00am

Victoria Park Seniors Centre- 150 Albert St W, Fergus

Registration through Victoria Park Seniors Centre. Visit:

https://anc.ca.apm.activecommunities.com/centrewellington/activity/search/detail/49451?onlineSiteId=0&from_original_cui=true or call **519-846-9691 ext. 204**



In partnership with East Wellington Family Health Team:

Tuesday, June 18, 1:00pm – 3:00pm

East Wellington Family Health Team, 6 Thompson Cres. Erin

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1153854> or by scanning the QR Code above.

Having the Conversation

Monday, June 17, 10:30am – 12:00pm

Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood

In Partnership with Rockmosa Older Adult Centre. One conversation can make all the difference. Taking the time to talk about your wishes, your values and beliefs will empower you, your family members, and friends. There are many ways to “break the ice” when having these conversations and this workshop will identify several ways to start the conversation.

Registration through Rockmosa Older Adult Centre. Visit:

<https://guelpheramosatownship.perfectmind.com/25120/Clients/BookMe4LandingPages/CoursesLandingPage?widgetId=4f6aee3b-0255-4643-9595-98be74cec51f&redirectedFromEmbeddedMode=True&courseId=f808a3c9-e44d-4182-b56f-6c2db1cf6f93> or call: **519-856-9596 ext. 139**

Gratitude

Wednesday, June 19, 11:30am – 2:00pm

Palmerston United Church - 215 James Street, Palmerston

In Partnership with Seniors Centre for Excellence. There are many ways to show gratitude to others and to ourselves. This workshop will help guide you with some exercises to practice gratitude. Practicing gratitude can not only increase your well-being but the well-being of others around you.

Registration through Seniors Centre for Excellence. Call 519-638-1000.



Caregiver Wellness Walk

Every other Thursday, June 20, July 11, 25, August 1, 15, 29, 10:00am – 11:00am

Guelph Enabling Garden (Riverside Park)- 689 Woolwich St N, Guelph

Our wellness walks bridge peer support and social connection between caregivers, connecting participants with the important benefits of nature-connection while participating in physical exercise.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1153854> or by scanning the QR Code above.



Caregiving and Wellness

The last Friday of the month, June 21, July 26, August 30, September 27, on-going, 1:00pm-2:30pm

The Old Post - 39 Elora St, Harriston

These workshops will help support caregivers using educational information, resources, and wellness strategies. You will meet other caregivers, share your stories, and offer and receive support from each other.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1139025> or by scanning the QR Code above.

Grief & Bereavement Community Information Session- Journeying Through Grief

Friday, June 28, 1:00pm -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. Virtual and in-person attendance available.

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



IN-PERSON: <https://buytickets.at/hospicewellington2/1157974>



VIRTUAL: <https://buytickets.at/hospicewellington2/1157977>



Caregiver Summer Workshop Series- Virtual

These virtual workshops are intended to provide support to caregivers through educational information, providing the opportunity to meet other caregivers, share your stories and offer and receive support from each other.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1238740> **or by scanning the QR Code above.**

- Monday, July 8, 1:00pm-3:00pm- The Unexpected Journey of Caring**
- Monday, July 22, 1:00pm-3:00pm- Compassion Fatigue and Burnout**
- Monday, August 12, 1:00pm-3:00pm- Self-Care and Wellness Strategies**
- Monday, August 26, 1:00pm-3:00pm- Expected Loss – Coping with Anticipatory Grief**

A Sanctuary of Music

Friday, July 26, 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 Catherine Manning (Hospice Music Therapist).

Writing Your Life Story

Wednesday, September 25, 12:00pm – 1:30pm

Knox United Church - 11 Alan Street East, Clifford

In Partnership with Seniors Centre for Excellence. This workshop is about preparing and sharing your story with family and friends when you are gone. This workshop will provide you with time to reflect and write down the important memories you wish to leave behind. Join us to learn about the many ways you can share your story. Your story matters.

Registration through Seniors Centre for Excellence. Call 519-638-1000.



Hospice Wellington Community Engagement

Thursday, September 26, 6:00pm – 7:30pm

East Wellington Family Health Team, 6 Thompson Cres. Erin

In Partnership with the Erin Family Health Team. This workshop is intended to raise awareness about Hospice Wellington's many supports and services for Palliative, caregivers and the bereaved individuals and families of Guelph and Wellington County.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1240934> **or by scanning the QR Code above.**

PROGRAMS & SERVICES FOR REGISTERED HOSPICE CLIENTS

Available to All Registered 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.

Gentle Yoga

The last Monday of each month

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

Reiki- In Person & By Distance

Mondays and Fridays

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 & 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.

Art Therapy Open Studio

Mondays, July 8, 15, 22, 29, August 12, 19, 26, 10:30am - 1:30pm

Fridays, July 5, 12, 19, August 2, 9, 16, 23, 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.

Horticultural Wellness Workshop

Wednesday, July 28, 6:00pm – 8:00pm

Wednesday, August 28, 1:30pm - 3:30pm

Guelph Enabling Garden (Riverside Park)- 689 Woolwich St N, Guelph

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.

Palliative Care 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 Support

Coffee and Caregiver Conversations

This group is for caregivers caring for a loved one with a life-limiting illness. It is an opportunity to meet other caregivers, learn ways to manage your stress, share experiences, hear how others have met similar challenges, and identify strategies for self-care.

In partnership with the Mount Forest Family Health Team and Cancer Patient Services:

Every other Monday, June 3, 17, September 9, 23, on-going, 1:00pm – 3:00pm

Mount Forest & District Sports Complex (meeting room)- 850 Princess St, Mount Forest

In partnership with Rockmosa Older Adult Centre:

Every other Tuesday, June 11, July 9, 23, August 13, 27, September 10, 24, on-going, 10:00am - 12:00pm

Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood

Grief Support

Grief Peer Support Group- 8-week Hybrid Program

Tuesdays, July 2 – August 20, 6:00pm – 8:00pm

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.

Mourning Walking Group

Tuesdays, July 2 – August 27, 1:00pm – 2:00pm

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

Gentle Art Therapy Invitations

Thursdays, July 4, 11, 18, August 1, 8, 15, 22, 29, September 12, 19, 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. 10 sessions per cycle, with occasional breaks. No artistic experience, skill, or training is required to participate.

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 griever while participating in physical exercise. This group will take a one-month break during the month of July.

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.

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.

Advance Care Planning

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

HOSPICE WELLINGTON UPCOMING EVENT



Join us for the 20th year of our Annual Hike for Hospice!

Sunday, June 2nd, 2024, at Riverside Park in Guelph

On Sunday, June 2nd at Riverside Park in Guelph, we celebrate Hospice Wellington's 20th Hike for Hospice event. This year's event is presented by Barry Cullen Automotives. The Hike for Hospice is a chance for individuals, families, business teams, and friends to come together for our community.

Hike for Hospice is a community event that helps Hospice Wellington raise critical funds to support those that have lost loved ones to life-limiting illnesses, their families, and all going through the grieving process in our community. It is open to absolutely everyone, and all funds raised directly support Hospice Wellington's programs and services, which are offered free of charge.

To Register and Donate visit:

<https://hospicewellington.akaraisin.com/ui/HikeForHospice2024>