



Community Services At a Glance



Fall 2021

IF IN-PERSON COMMUNITY PROGRAMS ARE CANCELLED BECAUSE OF COVID-19 UPDATES, HOSPICE WELLINGTON WILL OFFER VIRTUAL COMMUNITY PROGRAMS INSTEAD.

Registration is required. Contact: info@hospicewellington.org or call, 519-836-3921.

All Hospice Wellington services are provided at no cost to our clients.

Hospice Wellington supports clients through the experience of life-limiting illness, caregiving, and bereavement.

Our Palliative care support services...

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

Our caregiver supports...

...are available to informal caregivers (often family members or close friends) supporting individuals in a palliative model of care.

Our bereavement supports...

...offer services that are available to adults residing in Guelph or Wellington County who are grieving the death of a loved one.

AVAILABLE TO ALL CLIENTS

This includes palliative care, caregiver, and bereavement clients.

1:1 Support

Hospice Wellington offers one-to-one, in-person and phone support with a trained volunteer companion. Mutually agreeable session dates, times, and frequency will be arranged between client and volunteer. In-person visits take place outdoors and comply with Public Health recommendations regarding masks and distancing.

Peaceful Yoga Mondays, 1:00 p.m. - 1:45 p.m.

Offering a restorative opportunity to gently focus on your body alignment and breathing. Virtual connections will be offered until classes resume on **September 20, 2021**, at our facility.

Well on Your Way

Our SparxConnect resource platform, showcases recorded meditations, mindfulness, and self-compassion practices. Content is updated regularly and may be accessed at your own pace 24/7.

Distance Reiki

A subtle and effective form of energy healing, originating from Japan in the early 1900s. Reiki has no affiliation with a specific nationality or religion. Our volunteers offer these sessions by phone.

PALLIATIVE / CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00 am – 1:00 pm

Our on-site 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. Clients can be referred by their family, healthcare professionals or friends, or they can make their own referral.

Caregiver Coffee Conversations

Every other Tuesday beginning September 28, 10:00 am – 11:00 am

Our Caregiver Coffee Conversations program offers caregivers a break from the emotional and physical demands of caring for a family member or friend. It provides a welcoming and supportive group environment that enables caregivers to share their experiences, hear how others have met similar challenges and explore strategies for self-care.

Caregiver Coffee Conversations- Minto-Mapleton Township

Coming in October- Dates to be determined

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Therapeutic Touch® (TT) or Distance TT

An evidence-based form of energy healing that incorporates the intentional and compassionate use of universal energy. **Sessions are available by phone with our volunteers, or in-person outdoors starting in September 2021.**

BEREAVEMENT SUPPORT

Bereavement Support Group

Eight (8) weeks, Monday evenings via Zoom: 6:00 p.m. - 8:00 p.m.

September 20 - November 15, 2021, or

Monday mornings in-person 9:00 a.m. – 11:00 a.m.

Support workshops for any adult who has experienced a loss. These workshops include an education component regarding how grief impacts our lives, as well as group support.

Spousal Loss Support Group

Eight (8) weeks, Tuesday evenings, 6:00 p.m. – 8:00 p.m.

September 21 - November 9, 2021

A weekly support workshop for individuals who have experienced the death of a spouse.

Adult Loss Support Group- Rural Wellington

Eight (8) weeks, Wednesday mornings-Hillsburgh-

10:00 am – 12:00 pm

October 6 - November 24, 2021

Support workshops for any adult who has experienced a loss. These workshops include an education component regarding how grief impacts our lives as well as group support.

“Sharing our stories of love and loss are among the most courageous of things we will ever do”

-Dr. Alan D. Wolfelt

Grief & Holidays: Survival Skills Workshop

Wednesday, September 29 - from 6:00 pm - 7:30 pm

Wednesday, December 8 - from 6:00 pm - 7:30 pm

This workshop is for anyone who has experienced the loss of a loved one and is hoping to find ways to prepare for the upcoming season of holidays. In this workshop we will share ideas about how to honour the memory of your loved one, creative ways to establish new traditions and incorporate the memory of your loved one in existing rituals.

Tuesday Mourning Scroll/Mourning Walking Group

Tuesdays, 10:00 a.m. - 11:15 a.m.

We hope to resume our Mourning Walking Group in-person on **October 5, 2021**. Our virtual Tuesday Mourning Scroll model through Zoom will continue to offer discussion, resources, and peer support until walking in-person is possible.

COMMUNITY OUTREACH

Advance Care Planning

Presentations are available for service clubs, faith communities, corporate wellness programs and community organizations to 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. **Contact Dale at 519-836-3921 ext. 227** to arrange a presentation. Resources can also be found at acpww.ca.

Ambassador Program

Ask us about our team of Ambassadors, who are 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.

ON HOLD: MASSAGE THERAPY, ART THERAPY



YOUR STORY MATTERS

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