



Community Services At a Glance



Summer 2022

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

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

Our bereavement supports...

... 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 are arranged between the client and volunteer. When available, in-person visits take place at Hospice Wellington or outdoors to comply with Public Health recommendations regarding masks and distancing.

Well on Your Way

A 22-week invitation series to learn and practice: self-compassion, mindfulness, and guided meditation. Exclusively online at your own pace with 24/7 access through our SparxConnect platform.

Reiki

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

Horticultural Wellness Workshop

Tuesday July 12, 10:00am - 12:00pm

Tuesday September 13, 10:00am - 12:00pm

An exciting field of research is reminding us that we are healthier in so many ways when we are connecting with nature regularly. Often, as with exercise, we struggle to prioritize this time. This workshop is hosted by Hospice Wellington and led by a Registered Horticultural Therapist with the Guelph Enabling Garden in Riverside Park. This workshop is intended to ground us to nature using each of our senses.

PALLIATIVE CARE/ CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00am - 1:00pm

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 and friends, or they can make their own referral.

Caregiver Coffee Conversations

July 26 and August 23, 10:00am - 11:30am

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 identify strategies for self-care.

Biweekly Book Club – “I Don’t Know What to Say . . . How To Help and Support Someone Who Is Dying”

RESUMING IN SEPTEMBER 2022- Every other Tuesday beginning September 20, 1:00pm - 2:30pm

In his book, “I Don’t Know What to Say . . .” Dr. Robert Buckman discusses the importance of talking with the person who has a life-limiting illness and being a sensitive listener. Some of his practical suggestions about talking and listening may be helpful for spouses, parents, siblings, close friends, or colleagues of someone receiving a palliative approach to care.

Therapeutic Touch® (TT)

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.

Caregiver Circle

A collection of curated resources to support caregivers who are coordinating care needs such as physical care, emotional support, and advocacy. Exclusively online at your own pace with 24/7 access through our SpaxConnect platform.

BEREAVEMENT SUPPORT

Adult Loss Support Group- 8-week virtual program

Wednesdays, July 6 - August 24 (virtual) 9:00am - 11:00am

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.

Spousal Loss Support Group-8-week program

Mondays, July 4 - August 29, 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.

Bare Ink Bereavement Writing Workshop

Tuesday July 26, 5:30pm - 7:30pm

This two-hour workshop is designed to be a safe, creative space to express your grief in writing. The act of writing in a space that nurtures creativity can help us access and express thoughts and feelings that we may not be able to otherwise. The workshop will be facilitated with reflection, writing prompts, time to write and the opportunity for discussion.

Gentle Art Therapy Invitations

Tuesdays 6:00pm – 8:30pm, dates and times coming soon

Thursdays 10:30am – 12:30pm, dates and times coming soon

Weekly topics using art-making materials to explore aspects of self-care and self-expression connected to the individual's journey through grief and dying. These workshops are open to community palliative clients, informal caregivers supporting individuals facing end-of-life with palliative diagnosis, and those working through the grieving process. Intended for adults.

Mourning Walking Group

Tuesdays, 10:00am - 11:15am

Our walking group bridges peer support and social connections between griever while participating in physical exercise. This group takes a summer break in August and resumes in September.

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.



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

SUPPORTS IN WELLINGTON COUNTY

Caregiver's Coffee Hour

The first Monday of every month beginning September 12, 6:30pm - 7:30pm

Erin Family Health Team- 6 Thompson Cres, Erin

This is a monthly drop-in group that will share resources, meet other caregivers, and share stories over refreshments and snacks as well as have educational and wellness sessions.

Music Therapy in Support of Wellness and Healing

Elora Centre for the Arts (Gallery)- 75 Melville St, Elora

September 6, September 20, October 4, October 18, 2:30pm - 4:00pm

In this 4-session music therapy series, we will explore together the music and stories that have woven the tapestries of our lives, and that have bridged us so lovingly with our loved ones. We each have songs that represent us, we have songs that connect us, and we have songs that comfort us. This group will provide a safe space through which to experience the healing resonance of music together, and of deep listening. Please know that there is no requirement of previous musical experience. All are welcome. To register, **contact info@hospicewellington.org or 519-836-3921 ext. 228.**

Creating your own Care Map

Tuesday June 21 (virtual) 6:00pm - 7:30pm

Tuesday September 20 (in-person) time and location coming soon

In partnership with Upper Grand Family Health Team, we are offering two workshops about helping you think about and create your own circle of Care Map and wish list. To register, **contact info@hospicewellington.org or 519-836-3921 ext. 228.**

Navigating Hospice Wellington's Guide for End-of-Life Planning and Support

This workshop will be focused on being prepared, just in case. We will go through a case study and work our way through the guide to help you navigate your end-of-life planning.

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

Thursday June 9, 1:00pm - 2:00pm

Senior Centre for Excellence

At Drayton Reformed Church- 74 Wellington St, Drayton

Friday June 10, 12:30pm - 1:30pm

Senior Centre for Excellence

AT Palmerston United Church- 215 James St, Palmerston

Wednesday July 20, 12:30pm - 1:30pm

Horticultural Wellness Workshop

Friday September 30, 11:00am - 12:00pm

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

An exciting field of research is reminding us that we are healthier in so many ways when we are connecting with nature regularly. Often, as with exercise, we struggle to prioritize this time. This workshop, hosted by Hospice Wellington and led by a Registered Horticultural Therapist with the Guelph Enabling Garden in Riverside Park, will help us ground to nature using each of our senses.

Adult Loss Support Group- 8-week virtual program

Wednesdays, July 6 - August 24 (virtual) 9:00am - 11:00am

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. To register, **contact info@hospicewellington.org or 519-836-3921 ext. 228.**

Please contact Hospice Wellington's Advocate Resource Counsellor, Julie Martin-Jansen with any questions or inquires at 226-979-6758.

OTHER HOSPICE WELLINGTON UPCOMING EVENTS

Special Education Session

Income Tax Reduction and Estate Tax Elimination Session

Wednesday May 25 (virtual) 10:15am - 11:30am or

Thursday June 9 (in-Person) 1:45pm - 3:00pm, Rockmosa Community Centre, 110 Rockmosa Dr, Rockwood

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.

To register, **contact Anne MacKay at anne.mackay@hospicewellington.org or 519-836-3921 ext. 251.**

SAVE THE DATE:

18th Annual Hike for Hospice: SUNDAY, JUNE 5, 2022, to be held at Riverside Park and virtually online.

Visit: <https://hikeforhospicewellington.com/> for more information.



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