



Community Services At a Glance



Winter 2024-2025

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 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 adult 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-Everyone Welcome

Advance Care Planning (ACP) – Fergus

Thursday, January 16, 10:00am -11:30am

Who will speak for you when you can no longer speak for yourself? This workshop will help you to identify your Substitute Decision Maker and how to appoint a Power of Attorney for your Health Care Decisions. We will also discuss how to start this difficult conversation with family and friends so that you can be sure your wishes will be fulfilled.

In partnership with Victoria Park Seniors Centre. Registration through Victoria Park Seniors Centre.

Call 519-846-9691 ext. 204.



Thursday, February 20, 6:00pm – 8:00pm - Guelph

Please RSVP by using the following link <https://buytickets.at/hospicewellington2/1437223>

or by scanning the QR Code above.

Navigating Your Supports – Fergus

Thursday, February 20, 10:00am -11:30am

This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for and give you tools to map out these support systems in a clear way.

In partnership with Victoria Park Seniors Centre. Registration through Victoria Park Seniors Centre.

Call 519-846-9691 ext. 204.



Monday, March 24, 1:00pm – 3:00pm - Guelph

Please RSVP by using the following link <https://buytickets.at/hospicewellington2/1437252>

or by scanning the QR Code above.



Being Prepared-A Guide for End-of-Life Planning and Support - Guelph

Monday, January 6, 1:00pm – 3:00pm

This workshop will help guide you and your family as you prepare for those “Just in case” moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn't know who to ask.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1435804>
or by scanning the QR Code above.

Thursday, March 20, 10:00m -11:30am - Fergus

**In partnership with Victoria Park Seniors Centre. Registration through Victoria Park Seniors Centre.
Call 519-846-9691 ext. 204.**



Caregiving and Wellness – Guelph

Monday, March 3, 1:00pm – 3:00pm

This workshop is designed to help caregivers recognize and prevent caregiver fatigue. We will explore ideas and strategies to promote everyday wellness. This is an opportunity to learn in a setting with others who are also caregivers.

Please RSVP by using the following link <https://buytickets.at/hospicewellington2/1437270>
or by scanning the QR Code above.

Grief & Bereavement Community Information Session- Journeying Through Grief– Guelph/Virtual

Tuesday, January 7, 1:00pm - 3:00pm

This 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/hospicewellington2/1435907>



Virtual: <https://buytickets.at/hospicewellington2/1435932>

Tuesday, March 25, 6:00pm – 7:00pm

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



In-person: <https://buytickets.at/hospicewellington2/1435942>



Virtual: <https://buytickets.at/hospicewellington2/1437215>

Sanctuary of Music - Guelph

The first Friday of the month, 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 Hospice Wellington's Music Therapist, Catherine Manning.

Songs of our Lives: Weaving the Tapestry- Drop-in Music Therapy Workshop- Rockwood

The Last Monday of each month, January 27, February 24, March 31, 10:00am - 11:30am

Music offers a unique way of stepping through our lives, and of coming alongside others as we explore memories and the feelings that it evokes. Please join us for singing, reminiscing and connecting with one another, guided by Hospice Wellington's Music Therapist, Catherine Manning. We will journey through songs of our lives and explore how music can help enhance our wellbeing.



Art Therapy Information Session - Fergus

Wednesday, February 5, 10:00am -12:00pm

This workshop will be hosted by Hospice Wellington's art therapist, Erica Palmer, to share information about art therapy and current support available through hospice. In our time together we will discuss what art therapy is (and isn't!) and explore a brief encounter with an art therapy invitation as a group. Through learning and participating, you will come to know that there are no art skills required to engage with this supportive outlet of expression.

Please RSVP by using the following link <https://buytickets.at/hospicewellington2/1437231> or by scanning the QR Code above.

PROGRAMS & SERVICES FOR REGISTERED HOSPICE CLIENTS

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.

Available to All Registered Clients

1:1 Support- In-person, or by Phone

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- Guelph

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 practicing with limitations or injuries.

Reiki- In Person, and 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, 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.

Horticultural Wellness Workshop – Guelph

Monday, January 20, 1:00pm – 3:00pm (Blue Monday Support), Tuesday, March 25, 1:00 - 3:00pm

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.

Art Therapy Open Studio - Guelph

Friday's, January 24, 31, February 7, 21, 28, March 7, 14, 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 - Guelph

Monday, January 27, 1:00 - 3:30pm, Wednesday, February 12, 10:00am - 12:30pm,

Tuesday March 25, 5:30-8:00pm

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!

Palliative Care Support

Palliative Day Program - Guelph

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.

Grief Support

Bereavement Walking Group

Tuesday afternoon – Guelph

Friday morning – Mount Forest

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

Circle of Songs / Circle of Stories: Bereavement Music Therapy Group – Elora

Wednesdays, March 5 - April 9, 1:30pm – 3:00pm

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 a new language for our experience. This bereavement group will weave songs and stories to support you through challenging times.

Grief Peer Support Group – Guelph/Virtual

Friday's, January 10 – February 28, 1:00pm – 3:00pm

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.

Grief Peer Support Group –Virtual

Monday's, January 13 - March 10, 6:00pm – 8:00pm

A weekly online peer support group which runs for 8 weeks intended for adults who have experienced the death of a partner. This group will be a closed group, meaning that participating members will remain the same throughout the 8 weeks.

Gentle Art Therapy Invitations - Guelph

Thursday's, January 16, 23, 30, February 6, 20, 27, March 6, 13, 20, 27, 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. Ten sessions per cycle, with occasional breaks. No artistic experience, skill, or training is required to participate.

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.

4-Part Information Series

This series of workshops are designed to introduce the public to the community support available through Hospice Wellington. These workshops provide practical information and tools to use as you discuss your own health care journey, begin to ask questions about a life-limiting diagnosis or what it means to be a caregiver.

- Caregiving and Wellness
- Being Prepared – A Guide for End-of-Life Planning
- Navigating Your Supports
- Advance Care Planning

HOSPICE WELLINGTON SIGNATURE EVENTS

Giving Tuesday

December 3rd, 2024

Hospice Wellington participates in Giving Tuesday by hosting a Grocery Gift Card Drive. You can drop off a gift card from any grocery store of your choice to Hospice Wellington or donate online directly to the Giving Tuesday Fund. Keeping our pantry stocked helps us keep residents and their families nurtured and comforted with healthy home-cooked meals and snacks. **In**

honour of the kitchen they donated 14 years ago, Barzotti Woodworking will again, match up to \$14,000 for financial donations or grocery gift card amounts!



Tree of Remembrance - December 2 - 23, 2024,

Stone Road Mall,

Open during mall hours

The Tree of Remembrance was born out of the understanding that while December can be a time of celebration for many, it can also be a deep time of sadness for others. Holiday ornaments are sold at Stone Road Mall and other venues throughout Wellington County. In addition to selling ornaments, volunteers are present to speak

about those who people are missing, an opportunity to acknowledge the loss that many may be feeling. Those buying ornaments can write the name of their loved one on a memorial tag and place them on the display trees.



Hospice Wellington Presents: The Retro Royale- 80's Style

February 13th, 2025- Hospice 45th Anniversary

We present the **80's Retro Royale-** in honour of Hospice Wellington being "born" in the 80's and to celebrate our 45th anniversary.

This premiere event will raise funds for Hospice Wellington's end-of-life supportive programs and services. **TICKETS ON SALE NOW!!!!**



Host Your Own Event - 3rd Party Events

Third-party fundraisers are planned and executed by individuals, businesses, community groups, and even our own volunteers, all who are passionate about supporting a charity. You can make a difference by hosting your own event to raise critical funds for Hospice Wellington.

Contact Information

Phil Gourlay – Events Planner

(519) 836-3921 x 231

pgourlay@hospicewellington.org