



Community Services At a Glance



Winter 2022-2023

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 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 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. **Registration required.**

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. **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, beginning November 28, 2:00pm-3:00pm

Hospice Wellington offers an opportunity for those we serve to restore themselves through the practice of gentle yoga. If you are receiving a palliative approach to care, are a caregiver, or are being supported through

bereavement, these sessions are intended for you. 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.**

Grief & Bereavement Community Information Session

Wednesday, January 18, 6:00pm-7:00pm

Wednesday, March 29, 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. **Registration required.**

Gentle Art Therapy Invitations

Tuesdays, January 10 – March 7, 6:00pm-8:30pm

Thursdays, January 12 – March 9, 10:00am-12:30pm

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. **Registration required.**

Art Therapy Open Studio

Saturdays, January 14, 21, 28, February 4, 11, 25, March 4, 10:30am-1:30pm

Open Studio is offered for 3 hours on select Saturdays through the Winter months. This offering is open to support caregivers and adults experiencing grief who wish to engage in their own art making process in a community environment. No artistic experience, skill, or training required to participate. **Registration required.**

Monthly Encaustic Card-Making Workshops

Tuesdays, January 3, February 7, March 7, 1:00pm-3:30pm

Thursdays, January 19, February 23, March 23, 6:00pm-8:30pm

Monthly card-making workshops aimed at supporting creative encounters in our welcoming Art Therapy Studio. No experience necessary only a willingness to explore simple encaustic wax techniques to the creation of one-of-a-kind cards in a warm community environment and an original card to take home with you each session! Open to all clients accessing services at Hospice Wellington, supported by compassionate and talented Hospice Wellington Volunteers. **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. The historic organ will be played by Gerald Manning, Organist Emeritus of St George's, He will craft a musical experience of meditative reflection with this unique and historic instrument. Catherine Manning, Music Therapist of Hospice Wellington, will collaborate with Gerald both musically and through spoken word, to welcome you into a time of serenity. This offering is a community outreach project of Hospice Wellington. Hospice is appreciative of the generous welcome by St George's Anglican Church in the sharing of their beautiful space and instrument. Is this for You? You are welcome if you are curious, if you are heartbroken, if you are fatigued, if you are grieving a loss, if you are contented, if you are seeking mystery and depth, if you love music, if you want to love music, if you are lonely, if you are a weary caregiver, if you just want to sit surrounded by sound. Whatever your story, you are welcome. 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.**

PALLIATIVE CARE/ CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00am-1:00pm

The Palliative Day Program is hosted 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 January 10, 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. **Registration required.**

Care for Caregivers Book Club

Tuesday, February 28, 1:00pm-3:00pm

Do you love to read and discuss books? Our Care for Caregivers Book Club enables caregivers of someone receiving a palliative approach to care to support and learn from one another while reading about tips and strategies for enhancing self-care and avoiding burnout. Light refreshments are provided. If you would like more details about the book, please call 519-836-3921 ext. 228 or email info@hospicewellington.org

Registration required.

BEREAVEMENT SUPPORT

Adult Loss Support Group- Virtual- 8-week program

Tuesdays, January 10– February 28, 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, January 9 – March 6, 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, January 13, 10:00am-12:00pm

Friday, February 24, 10:00am-12:00pm

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. **Registration required.**

Mourning Walking Group

Tuesdays, 10:00am-11:15am

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

Music Therapy Group-6-week program

Thursdays, January 12-February 16, 2:00pm-4:00pm

There are many ways to explore and be present with our loss. Music has a way of coming alongside us in our lives, speaking where words fail, or perhaps giving us new language for our experience. In early 2023, Hospice will be offering a 6-week music therapy bereavement group, facilitated by the Music Therapist on staff at Hospice Wellington. You are welcome to join us as we allow music to create a bridge to our cherished memories, and to our strength that can emerge in communal sharing. There is no expectation of prior musical background. Please register as dates become available. **Registration required.**

Expressions of Grief Candle-making Workshops

Tuesday, December 13, 1:00pm-3:30pm

Friday, December 16, 10:00am-12:30pm

Tuesday, December 20, 6:00pm-8:30pm

Thursday, December 22, 10:00am-12:30pm

Remembering a loved one who is no longer physically with us during the holiday season can be a difficult experience to put into words. Hospice Wellington's Art Therapy Program is providing a series of candle-making workshops to celebrate and honour connections with your loved ones. Each workshop will be facilitated by the gentle hands and hearts of our Art Therapists on staff. We hope to aide you in creating a little space and light to support meaning-making and the safe expression of emotions. Workshops are in-person with all materials provided. We look forward to supporting you this season. **Registration required.**

“Life is a collection of memories, and memories are like star light...they live on forever”

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.

SUPPORTS IN WELLINGTON COUNTY

AVAILABLE TO ALL CLIENTS

Songs of our Lives – Weaving the Tapestry

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

"Music is Life itself." - Louis Armstrong

"Music is a world within itself, with a language we all understand." - Stevie Wonder

The last Thursday of every month, January 26, February 23, March 30, 10:00am-11:30am

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

In partnership with the Rockmosa Older Adult Centre. To register, contact info@hospicewellington.org or 519-836-3921 ext. 228

Monday, February 6, 2:30pm-4:00pm

Victoria Park Seniors Centre - 150 Albert St W., Fergus

In partnership with the Victoria Park Seniors Centre. To register, contact Victoria Park Seniors Centre at 519-846-9691

PALLIATIVE CARE/ CAREGIVER SUPPORT

Caregiver's Coffee Hour (Drop-in)

The first Monday of every month beginning January 9, 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. **No registration required.**

Caregiver Coffee Conversations (Support Group)

Every other Friday starting Friday, January 6, 1:30pm-3:00pm

The Old Post Script Room- 39 Elora St, Harriston

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. **Registration required.**

The Joyful Caregiver Group

Every other Friday starting Friday, January 13, 2:30pm-4:00pm

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

In partnership with the Rockmosa Older Adult Centre. This group for Caregivers will look at 8 steps to prevent caregiver burnout. This is an opportunity to meet other caregivers, share your stories and learn ways to manage your stress. We will discuss the importance of finding life outside of your caregiving role so that the Joy of life is not forgotten. **Registration required.**

Monthly Caregiver Support Group

The last Wednesday of every month, January 25, February 22, March 29, 1:30pm-3:00pm

Location to be determined

Partnering with the Mount Forest Family Health team and Cancer Patient Services, we will be offering a monthly Caregiver group for anyone who is a caregiver. This is an opportunity to meet other caregivers, share your stories, hear how others have met similar challenges and identify strategies for self-care.

Registration required.

BEREAVEMENT SUPPORT

Intentional Creative Connections: 4-Part Art Therapy Series

Thursdays, January 6 & 20, February 3 & 17, 10:00am-12:30pm

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

This 4-session art therapy series will invite participants to explore the use of art-making materials to support safe emotional expressions connected with memory and meaning-making. Using art and narrative medicine techniques, participants will be guided through exercises aimed at fostering connection within their grief process to their loved ones, engaging in self-compassion practices to enhance overall wellbeing. All materials will be provided in connection to this program offering, though space is limited to registered participants. Open to adults who have experienced the death of a loved one. **Registration required.**

Bereavement Walking Group

Fridays, January 6 – March 10, 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 holiday break in December and resumes in January. You must be registered to join this group. **Registration required.**

Adult Loss Support Group- Virtual- 8-week program

Tuesdays, January 10– February 28, 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.**

COMMUNITY WORKSHOPS

The Victoria Park Seniors Centre in Fergus is hosting the following sessions from Hospice Wellington.

Register for these programs through the Victoria Park Seniors Centre at 519-846-9691 ext. 204

Cards and Conversations

Thursday, January 26, 10:00am-11:00am

Come join us for an entertaining way to talk about what is most important to you. Who knew that playing cards can help you have discussions with your family and friends about your wishes concerning treatment, care, and values at end of life. The cards help you find words and can help you think about things you may never have thought about.

Art Therapy - Learning About Art Therapy- An Introduction and Discussion

Thursday, March 30, 10:30am-12:00pm

Creating space to explore and celebrate the power of creativity! Using simple art materials to engage and express ourselves through memory and lived experiences, creating connections to our lives through colour and storytelling, supported by Nicole Fantin, Hospice Wellington's Art Therapist.

Creating your own Care Map

Tuesday, January 24 (Virtual), 6:00pm-8:00pm

In partnership with Upper Grand Family Health Team, we are offering this workshop about helping you think about and create your own circle of Care Map and wish list. **To register, contact Nicole Morgan Upper Grand Family Health Team (519) 843-3947 ext. 123 or nicole.morgan@uppergrandfht.org**

The Rockmosa Older Adult Centre in Rockton is hosting the following session from Hospice Wellington.

A Guide to End-of-Life Planning and Support- Lunch and Learn

Tuesday, January 17, 10:30am-12:00pm

In partnership with the Rockmosa Older Adult Centre. 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 or help someone else be prepared. Lunch to be provided by Hospice Wellington. **To register, contact the Rockmosa Older Adults Centre at 519-856-9596 ext. 139, visit the website: www.get.on.ca or by e-mail: programming@get.on.ca**

"Your absence has gone through me like thread through a needle. Everything I do is stitched with its colour".

- W.S. Merwin



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Community Services: 519 836 3921 Residence: 519 822 6660

OTHER HOSPICE WELLINGTON UPCOMING EVENTS

SAVE THE DATE:

Hospice Wellington's Annual Tree of Remembrance

December 1st – 23rd at Stone Road Mall

The Tree of Remembrance occurs every December and is a long-standing holiday campaign for Hospice Wellington. Christmas ornaments are sold as a fundraiser both online and within the community. In years past, we have had a booth at Stone Road Mall in Guelph throughout the month of December to sell ornaments and accept donations. One of the most important parts of this campaign is that those purchasing ornaments can place a Remembrance Tag on our Tree of Remembrance to honour their loved one that they have lost. Each spring, all tags are ceremoniously burned.



SAVE THE DATE:

Hospice Wellington's Annual Handbags for Hospice

Mark your calendars for February 23rd, 2023!

We are excited to announce that Handbags for Hospice is returning in 2023!!! Taking place at the Delta Guelph on Thursday, February 23, 2023.

Tickets for the event will go on sale in early December.

