



Community Services At a Glance



Winter 2024

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

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. Our programs take place at locations throughout Guelph and Wellington County.

Registration is required unless otherwise noted.

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

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.

AVAILABLE TO ALL 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.

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.

Gentle Yoga

Mondays, 1:00pm – 2:00pm

This is 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.

Reiki- In Person & By Distance

Tuesdays 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.

Massage Therapy

Mondays

Our massage appointments are provided in partnership with Trios College. Treatments are provided by experienced massage therapy students under the supervision of a college instructor, to support the physical emotions related to receiving a palliative approach to care. Caregiving, and grief.

Art Therapy Open Studio

Fridays, January 12, 19, 26, February 2, 9, 23, March 1, 10:30am - 1:30pm

This offering is open to 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 Hospice Wellington Volunteers are present to assist you as required with your unique creative process and art projects.

Monthly Encaustic Card-Making Workshops

Tuesdays, January 9, February 13, March 5, 1:00 - 3:30pm

Thursdays, January 25, February 22, March 21, 6:00 - 8:30pm

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!

Grief & Bereavement Community Information Session- Journeying Through Grief-Hybrid

Monday, March 18, 6:00pm - 8:00pm

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.

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

Monday, March 4, 10:00am – 12:00pm

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

Advance Care Planning

Tuesday, March 19, 6:00pm – 8:00pm

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. This workshop will provide information about advance care planning.

A Sanctuary of Music

The FIRST Friday of every month, 11:00am – 12:00pm

St. George’s Anglican Church- 99 Woolwich St, Guelph

Feel free to 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). **No registration required.**

Music Therapy Songs of our Lives – Weaving the Tapestry

The last Monday of every month, January 29, February 26, March 25, 10:00am - 11:30am

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

In partnership with the Rockmosa Older Adult Centre. Music offers a wonderful way of stepping through our lives, and of coming alongside others as we explore memories and the feelings that they evoke.

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

Caregiver Coffee Conversations

Every other Tuesday, beginning January 9, 10:00am - 12:00pm

Rockmosa Older Adult Centre- 121 Rockmosa Drive, Rockwood

This group is for Caregivers caring for a loved one with a Life-Limiting Illness (prognosis of 12-18 months). It's an opportunity to meet other caregivers, learn ways to manage your stress, share their experiences, hear how others have met similar challenges and identify strategies for self-care.

Caregiver Help Series

The last Monday of the month, January 29, February 26, March 25, 1:30pm - 3:00pm

Mount Forest Library – 118 Main St N. Mount Forest

Partnering with Mount Forest Family Health Team and Cancer Patient Services, we will be offering a monthly Caregiver Help Series for anyone who is a caregiver. This is an opportunity to meet other caregivers, share stories and identify strategies for self-care. This group is open to everyone in Guelph and Wellington County.

Caregiver Wellness Series- Hybrid Program

The last Friday of the month, January 26, February 23, March 29, 1:00pm – 2:30pm

The Old Post Script Room- 39 Elora St, Harriston

These workshops are intended to help support caregivers by providing music and wellness strategies. Meet other caregivers and share your story.

The Cost of Caring – Compassion Fatigue

Compassion fatigue happens when caregivers and health care workers become physically, emotionally, and mentally exhausted due to demands of caregiving. This workshop will define what it is, what it looks like, and strategies to help prevent it.

Tuesday, February 27, 1:00pm – 3:00pm

East Wellington FHT- 6 Thompson Cres., Erin

Thursday, March 7, 6:00pm – 8:00pm

Hospice Wellington – 795 Scottsdale Drive, Guelph

Caregiver Winter Workshop Series

Victoria Park Seniors Centre- 150 Albert St W, Fergus

In partnership with Victoria Park Seniors Centre. These 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. You do not need to attend all but do need to register for the ones you wish to attend. **Registration through Victoria Park Seniors Centre.**

The Cost of Caring Recognizing Empathic Strain and Wellness Strategies to Prevent it

Thursday, January 18, 10:45am – 11:30am

Caregiver Anticipatory Grief – The Grief Before the Loss

Thursday, February 22, 10:45am – 11:30am

Tips and Tools for Successful Caregiving (in partnership with Upper Grand Family Health Team)

Thursday, March 21, 10:45am – 11:30am

GRIEF SUPPORT

Adult Loss Support Group

Tuesdays, January 9 - February 27, 1:30pm - 3:30pm

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.

Spousal Loss Support Group

Mondays, January 8 - March 4, 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. Virtual and in-person attendance available.

Bare Ink Bereavement Writing Workshop

Tuesday, March 19, 1:00pm - 3:00pm

This workshop is a safe, creative space to express your grief in writing. The workshop will include prompts, reflection, writing time and discussion. Virtual and in-person attendance available.

Mourning Walking Group

Tuesdays, January 2 - March 19, 10:00am - 11:15am

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

Bereavement Walking Group

Fridays beginning January 5, 10:00am - 11:00am

Mount Forest & District Sports Complex - 850 Princess St, Mount Forest

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

Gentle Art Therapy Invitations

Tuesdays, January 16 - March 5, March 19 - 26, 6:00pm - 8:45pm

Thursdays, January 18 - March 7, March 21 - 28, 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. No artistic experience, skill, or training is required to participate.

Music Therapy Bereavement Group- Circle of Songs, Circle of Stories

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 new language for our experience. This bereavement group will weave songs and stories to support you in this difficult time. There is no expectation of prior musical background.

Every other Wednesday, November 8 – February 14, 1:30pm – 3:00pm
Elora Centre for the Arts – 75 Melville St., Elora

Tuesdays, February 27 - April 16, 10:00am – 12:00pm
Hospice Wellington – 795 Scottsdale Drive, Guelph

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.

OTHER HOSPICE WELLINGTON UPCOMING EVENTS

Debbie Stanley presents “The Top 10 Tips to Prepare YOU to be an Executor” – Virtual Workshop
Wednesday, November 8, 1:30pm - 3:00 pm

Lynn Whetham presents “Income Tax Reduction and Estate Tax Elimination”
Thursday, November 9, 1:30pm - 3:00 pm
Harcourt United Church- 87 Dean Ave., Guelph
Space is limited, registration is required

Wednesday, November 15, 10:30am - 12:00pm- Virtual Workshop
Space is limited, registration is required

To register for any of these FREE sessions, please contact:

Mary Stoyke at 519-836-3921 ext. 223 or marystoyke@hospicewellington.org

Or

Anne MacKay at 519-836-3921 ext. 251 or anne.mackay@hospicewellington.org

OTHER HOSPICE WELLINGTON UPCOMING EVENTS



Giving Tuesday – November 28th

On Tuesday, November 28th, Hospice Wellington will be celebrating **National Giving Tuesday** with the 3rd annual Grocery Gift Card Drive and Financial Campaign to fund food for the families in the residence. You help us provide the food that makes this place feel like a “home away from home”.

To make it even more special, **Barzotti Woodworking will match the first \$13,000 raised**, in honour of the beautiful kitchen that they donated here 13 years ago!



Tree of Remembrance – December 1 - 22

Hospice Wellington's annual holiday tradition, **Tree of Remembrance**, is returning this December across Wellington County. Make sure to add to your Holiday To-Do List a special purchase, your 2023 Holiday Ornament. **The Tree of Remembrance** is a beautiful way to reflect on the past year, remember those we love, and take a moment in memory of a loved one who has died. This is a perfect time of year to remember all those we love and the loved ones we have lost.