



# Community Services At a Glance



Fall 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](mailto: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, September 13, 10:00am - 12:00pm**

An exciting field of research is reminding us that we are healthier in so many ways when we regularly connect with nature. This workshop will help us ground to nature using each of our senses. This workshop will be held at the Enabling Garden located in Riverside Park and will be facilitated by their Horticultural Therapist. Come prepared for the weather.

### **Monthly Encaustic Card-Making Workshops**

**Tuesdays, October 4, November 1, December 6, 1:00-3:30pm**

**Thursdays, October 20, November 17, December 22, 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.

### **Gentle Art Therapy Invitations**

**Tuesdays, September 20 – December 13, 6:00pm – 8:30pm**

**Thursdays, September 22 – December 16, 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. Intended for adults.

### **Art Therapy Open Studio**

**Saturdays, October 1, 22, 29, November 19, 26, December 3, 10, 10:30am-1:30pm**

Open Studio is offered for 3 hours on select Saturdays through the Fall and 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.

## **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**

**August 23, 10:00am - 11:30am, and every other Tuesday beginning September 13, 10:00am - 11:00am**

Our Caregiver Coffee Conversations is an open program offering 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. Light refreshments are provided.

### **Care for Caregivers Book Club**

**Thursday, October 20, 6:00pm - 7:30pm**

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 literature on tips and strategies for getting daily, practical help and avoiding burnout. Light refreshments are provided.

### **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 SparxConnect platform.

## BEREAVEMENT SUPPORT

### Adult Loss Support Group- 8-week virtual program

**Tuesdays, October 4 – November 22, 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.

### Spousal Loss Support Group-8-week program

**Mondays, October 3 – November 28, 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

**Thursday, October 6, 6:00pm – 8:00pm**

**Thursday, November 10, 6:00pm – 8:00pm**

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.

### Grief & Holidays-Survival Skills Workshop

**Thursday, September 29, 6:00pm - 8:00pm**

**Thursday, December 1, 6:00pm - 8:00pm**

**Thursday, December 8, 10:00am – 11:00am (Virtual)**

Even during the best of times coping with fall and winter holidays can be overwhelming. During times of stress, we may have difficulty finding balance, getting rest, and finding reassurance that we will be ok. Planning ahead can be the best way to prepare if you anticipate a difficult season. This workshop offers an overview of understanding how grief impacts us and offers a variety of practical coping strategies.

### 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.

***“Grief is in two parts. The first is loss. The second is the remaking of life”.***

***- Anne Roiphe***

## 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](http://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.

## COMMUNITY WORKSHOPS – MAKING YOUR PLANNING EASIER

### Income Tax Reduction and Estate Tax Elimination Session

**Thursday, November 17 - 1:45pm to 3:00pm - (In-Person at 10C, Community Room, 42 Carden Street, Guelph)**  
or

**Wednesday, November 23 – 10:15am to 11:30am- (Virtual Talk)**

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.

### Advance Care Planning Session

**Wednesday, November 30– 10:15am to 11:30am - (Virtual Talk)**

Dale Gellatly, of Hospice Wellington, will share the importance of choosing and noting your Powers of Attorney for Personal Care and Property, for people of any age. She brings her expertise in the Ontario Provincial Legislation around the repercussions of not having these roles in place or not discussing your wishes with the people involved. Dale also brings her dry humour to help open up such conversations with those who may be reluctant. As she says, "it's about how any of us define quality of life ... and sharing that information with our families."

**To register for any session, please contact Anne MacKay at [anne.mackay@hospicewellington.org](mailto:anne.mackay@hospicewellington.org) or 519-836-3921 ext. 251.**

## SUPPORTS IN WELLINGTON COUNTY

### Music Therapy 4-part series

**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. **Note: Must be registered for all four sessions. To register, contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or 519-836-3921 ext. 228.**

### Creating your own Care Map

**Tuesday, October 11 (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](mailto:nicole.morgan@uppergrandfht.org)**

### Caregiver's Coffee Hour (Drop-in)

**Erin Family Health Team- 6 Thompson Cres, Erin.**

**The first Monday of every month beginning September 12, October 3, November 7, December 5**

**6:30pm - 7:30pm**

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 information. **No registration required.**

### Caregiver Coffee Conversations (Support Group)

**The Old Post- 39 Elora St, Harriston.**

**Every other Friday, beginning September 9- December 16**

**1:30pm - 2:30pm**

Our Caregiver Coffee Conversations is an open program offering 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. **To register, contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or 519-836-3921 ext. 228.**

### NEW

### Bereavement Walking Group

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

**Fridays, September 9 – December 9, 10:00am - 11:15am**

Our walking group bridges peer support and social connections between grievers 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. To register, contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or 519-836-3921 ext. 228**

### Adult Loss Support Group- 8-week virtual program

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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.

### Grief & Holidays-Survival Skills Workshop

**Thursday, December 8, 10:00am – 11:00am (Virtual)**

Even during the best of times coping with fall and winter holidays can be overwhelming. During times of stress, we may have difficulty finding balance, getting rest, and finding reassurance that we will be ok. Planning ahead can be the best way to prepare if you anticipate a difficult season. This workshop offers an overview of understanding how grief impacts us and offers a variety of practical coping strategies.

### **Virtual Information Sessions: Learning About Art Therapy- An Introduction and Discussion**

'Learning About Art Therapy' is an hour-long information session exploring the practice of Art Therapy and how it is used to support individuals and families facing end-of-life experiences or grief connected to the death of a loved one in Guelph and Wellington County. Information sessions can be scheduled virtually, followed by a brief discussion component with one of Hospice Wellington's Art Therapists to explore available community support services.

**To inquire or schedule a future information session contact Julie at [juliem.jansen@hospicewellington.org](mailto:juliem.jansen@hospicewellington.org)**

### **Virtual Information Session: Learning About Legacy- An Introduction and Discussion**

'Learning About Legacy' is an hour-long information session exploring the value of creating legacy, and how intentional life review and legacy processed are used to support individuals and families facing end-of-life experiences in Guelph and Wellington County. Information sessions can be scheduled virtually, followed by a brief discussion component with one of Hospice Wellington's Art Therapists to explore available community support services.

**To inquire or schedule a future information session contact Julie at [juliem.jansen@hospicewellington.org](mailto:juliem.jansen@hospicewellington.org)**

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

**The Rockmosa Older Adults Centre is hosting the following sessions through Hospice Wellington. All sessions are located at the Rockmosa Older Adults Centre, 121 Rockmosa Dr. Rockwood, ON.**

### **Horticultural Wellness Workshops**

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

An exciting field of research is reminding us that we are healthier in so many ways when we regularly connect with nature. This workshop will help us ground to nature using each of our senses. This workshop will be facilitated by a Horticultural Therapist. Come prepared for the weather.

### **Songs of our Lives – Weaving the Tapestry**

**Tuesday, October 18, 10:30am-11:30am**

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 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 also 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

### **Coping with the Holidays**

**Tuesday, November 22, 10:30am-11:30am**

The holidays can be difficult when grieving the loss of a loved one. This workshop will provide practical and supportive information to help the bereaved through the highs and lows of the holiday season.

**To Register for any of the above, please contact the Rockmosa Older Adults Centre**

**By phone: 519-856-9596 x 139**

**On the website: [www.get.on.ca](http://www.get.on.ca)**

**Or by e-mail: [programming@get.on.ca](mailto:programming@get.on.ca)**

## OTHER HOSPICE WELLINGTON UPCOMING EVENTS

### SAVE THE DATE:

#### Sunflower Open (in loving memory of Darryl Guthrie)

Tuesday, August 23, 2022, at 11:00am

DEADLINE FOR REGISTRATION IS TUESDAY, AUGUST 16TH!

Visit: <https://www.hospicewellington.org/our-events> to register.

#### "A Light to Remember"

Wednesday, November 23, 2022 – 5:00pm – 8:00pm

McMillan Park – 109 Main St., Erin.

Free community event

More details to come...



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