



Carpenter Hospice

Community and Supportive Care Programs & Events SPRING 2023

**Our Life-Limiting Illness & Palliative Supports...
Our Caregiver Supports...
Our Bereavement Supports...**

INTEGRATIVE WELLNESS

NOTE: Integrative wellness programs & supports are for individuals living with a life-limiting illnesses and/or palliative diagnosis.

New Diagnosis Support Group (In-Person Only)

Thursdays - June 1st - July 20th, 2023 - 6:00pm – 7:30pm

Meet with others facing a new diagnosis. Facilitated by caring professionals at Carpenter Hospice, this informal group is a place to find resources, ask difficult questions, and receive support from others with a shared experience. Join us for an evening of encouragement, connection, and support. Support groups are offered quarterly and run for eight weeks. **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Functional Strength Training (FST) – (Hybrid In-Person/Virtual)

Mondays April 3rd & 17th, May 1st & 15th, June 5th & 19th – 11:00AM – 12:00PM

Functional strength training (FST) supports individuals by training the body, through strength and balance exercises, to perform the daily tasks of life. This program is offered on a bi-weekly basis.

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Wellness Walking Group (In-Person Only)

Thursdays, 10:00am – 11:30pm

A life-limiting illness and caregiver support group dedicated to creating a safe space for sharing experiences and building social connections while getting outside for some light physical exercise. **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Wellness Luncheons (In-Person Only)

Tuesday April 11th & 25th, May 8th & 23rd, June 6th & 20th – 12:30pm – 1:30pm

Are you interested in meeting new people who have shared experiences of living with a life-limiting illness or caregiving? Or maybe you're interested in reconnecting with wellness program friends from the before times. All wellness participants are welcome! **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Wellness Coffee & Chat (In-Person Only)

Fridays – 11:00am – 12:30pm (starting April 14th)

Drop in and connect with other wellness participants over a cup of coffee/tea and snacks. This program focuses on social connection and conversation. **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Group Music Therapy (Hybrid In-Person/Virtual)

Tuesdays, 1:30-2:30pm

Facilitated by a certified music therapist, this program uses a variety of music therapy techniques to promote meaningful social interactions and self-expression. Activities include group singing, song writing, improvising, and meditation. Offered in-person at the hospice and via Zoom. **Registration required.**

Contact aharris@thecarpenterhospice.com or 905-631-9994 ext. 141 to register.

CAREGIVER SUPPORTS

1:1 Caregiver Supports (Hybrid In-Person/Virtual)

Are you seeking personal support as a result of providing care to a loved one living with a life-limiting illness? One-to-one caregiver supports are offered by appointment with Garrison McCleary, MSW, RSW - Registered Social Worker. Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Caregiver Luncheon (In-Person Only)

Thursday April 13th & 27th, May 11th & 25th, June 8th & 22nd – 12:00pm– 1:30pm
Are you interested in meeting new people who have shared similar experiences caregiving? Come join other caregivers in this supportive and social setting for a soup lunch. **Registration is required.**
Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Caregiver Support Group (In-Person Only)

Mondays May 8th – June 19th – 1:00pm – 2:30pm
The Caregivers Support Group is facilitated by the Wellness Program at Carpenter Hospice. This is a supportive atmosphere for you to discuss your experiences as a caregiver and receive helpful information from other caregivers walking the same road. **Registration required.**
Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Caregiver Gentle Yoga (Hybrid In-Person/Virtual)

Mondays April 17th, May 15th & June 12th – 6:00pm – 7:30pm
Yoga in the form of resting postures. This program is for those providing care to a loved one living with a life-limiting illness. Each session explores the physiology of rest and breathing techniques for stress reduction. This program is facilitated by certified Yoga Instructors and will help participants reduce stress, promote coping skills, and achieve a greater sense of calm. **Registration required.**
Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

BEREAVEMENT SUPPORTS

Bereavement Walking Group – 6 weeks - (In-Person Only)

Wednesday April 26- May 31, 2023 - 10:00-11:30 AM

(11:00-11:30 Optional Coffee & Chat)

A bereavement support group dedicated to creating a safe space for expressing grief and building social connections while getting outside for some light physical exercise. Open to all individuals grieving the loss of a loved one. **Registration required.**

Contact kablard@thecarpenterhospice.ca or 905-631-9994 ext. 135 to register.

Youth Music & Grief - 4 Weeks - (In-Person Only)

Wednesday May 10 – May 31, 2023 - 4:30-5:45 PM

This supportive care program is for youth ages 12-15 who have experienced a loss of a loved one. Facilitated by Kendra Ablard, Bereavement Care Coordinator, and Avalon Harris, Certified Music Therapist, the program will provide space for participants to explore their grief through music, mindfulness, and discussion. This group is for youth who connect with music, but no musical background is necessary. There are no performance expectations; just a safe space to express your grief through a creative modality. **Registration required.**

Contact aharris@thecarpenterhospice.com or 905-631-9994 ext. 141 to register.

Family Grief Yoga – 4 Weeks - (In-Person Only)

Tuesday May 9 – May 30, 2023 - 4:30-5:15 PM

Open to families with children ages 5-9

This supportive care program is for families with children ages 5-9 who have experienced a loss of a loved one. Facilitated by Kendra Ablard, Bereavement Care Coordinator (YTT-200 Hours, Certified Kids Yoga Teacher), the program will provide space for participants to explore their grief through movement, breathing, and mindfulness. This group is for families; (however, you define family). No previous background is necessary to participate. **Registration required.**

Contact kablard@thecarpenterhospice.ca or 905-631-9994 ext. 135 to register.

Parental Loss - 6 Weeks - (In-Person Only)

Thursday April 20 – May 25, 2023- 4:00-5:30 PM

A weekly bereavement support group which runs for 6 weeks, intended for adults who have experienced the loss of parent. **Registration required.**

Contact kablard@thecarpenterhospice.ca or 905-631-9994 ext. 135 to register.

Singing Well (In-Person Only)

Wednesdays, May 10th, June 14th, 1-2:30pm

A supportive care group that promotes healing through making music and singing together. We will sing, breathe, share, and explore ways to cope using music. No musical experience is necessary. **Registration required.**

Contact aharris@thecarpenterhospice.com or 905-631-9994 ext. 141 to register.

AVAILABLE TO ALL CLIENTS

Advanced Care Planning

By appointment only

Many people don't know how to begin a conversation about their preferences for medical care. Explore the concepts of Advance Care Planning, Substitute Decision Making for healthcare decisions, and gather the insight and resources to start your own Advance Care Planning process.

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Progressive Muscle Relaxation (Virtual Only)

Thursdays April 20th, May 18th, June 15th – 2:30-3:15pm

Facilitated by a music therapist, this virtual session starts with a guided meditation to encourage relaxation. Then, with soft, live music in the background, the therapist guides participants in tensing and relaxing muscle groups from head to toe. Many participants find this session deeply relaxing. A great addition to your mindfulness practice. Session takes place on Zoom. **Registration required.**

Contact aharris@thecarpenterhospice.com or 905-631-9994 ext. 141 to register.

Reiki (In-Person Only)

By Appointment on Thursdays only.

Reiki is a hands-on therapy that encourages movement of energy through the body. It can be helpful to create a relaxing effect for the body and to enhance healing. Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Therapeutic Touch® (TT) (In-Person Only)

Select Wednesdays in April, May, & June – 11:00pm & 12:00pm

A modern-day version of ancient healing practices, therapeutic touch promotes healing and restoration through the balancing of the body's natural energy. This process helps to create a relaxation response for the participant. **Registration is required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Yoga Program (Hybrid In-Person/Virtual)

Tuesdays – 11:00am – 12:30pm

Restorative yoga and breathing techniques for those living with a life-limiting illness. This program is facilitated by certified Yoga Instructors. **Registration is required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

WORKSHOPS

Garden Fairy Door - PD Day -Craft – (In-Person Only)

Monday April 24th – 10:00 - 11:30am

On Monday April 24th both the Halton Public District School Board and the Halton Catholic District School Board have PD Days. Bring your children or grandchildren to this fun crafting activity! We will be spending time outdoors in the forest behind the hospice collecting materials before coming inside and decorating our fairy doors. **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Growing Vegetables and Herb Series (In-Person Only)

Friday May 12th & 26th, June 9th & 23rd – 11:00am – 12:30pm

Learn to grow vegetables and herbs in containers while socializing with others who have shared lived experiences. This is a four-part series that includes decorating pots, sowing seeds, harvesting, and cooking. **Registration required.**

Contact gmcclary@thecarpenterhospice.com or 905-631-9994 ext. 121 to register.

Write Your Grief: Guided Grief Writing Workshop (In-Person Only)

Monday May 29th - 4:00pm-5:30pm

This guided grief writing workshop offers a creative and safe space to explore your grief through the therapeutic writing process. This workshop will include guided grief writing prompts, reflection, and discussion. **Registration required.**

Contact kablard@thecarpenterhospice.ca or 905-631-9994 ext. 135 to register.



Carpenter Hospice

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Community and Supportive Care Team

General Inquiries or Concerns:

Michelle Cassidy, Manager, Community and Supportive Care,
ext. 120 or mcassidy@thecarpenterhospice.com

Bereavement:

Kendra Ablard, Supportive Care Coordinator
ext. 135 or kablard@thecarpenterhospice.com

Wellness:

Garrison McCleary, Wellness Coordinator
ext. 121 or gmcleary@thecarpenterhospice.com

Music Therapy:

Avalon Harris, Music Therapy Coordinator
ext. 141 or aharris@thecarpenterhospice.com

Spiritual Care:

Nina Page, Spiritual Care Coordinator
ext. 124 or npage@thecarpenterhospice.com