



# Community Services

# At a Glance

## Fall 2021

Hospice  
Wellington™  
YOUR STORY MATTERS

Registration is required. Contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or call, 519-836-3921.  
All Hospice Wellington services are provided at no cost to our clients.

Hospice Wellington supports clients through the experience of life-limiting illness, caregiving and bereavement. If in-person community programs are cancelled because of COVID-19 (Coronavirus) updates, Hospice Wellington will offer virtual community programs instead.

### Our palliative care support services...

...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...

...offer services that are available to adults residing in Guelph or Wellington County who are grieving the death of a loved one.

*"Sharing our stories of love and loss are among the most courageous of things we will ever do."*

*- Dr. Alan D. Wolfelt*

### • AVAILABLE TO ALL CLIENTS •

This includes palliative care, caregiver and bereavement clients.

### Phone Supports

Hospice Wellington offers one-to-one phone support with a trained volunteer companion. Mutually agreeable session dates, times, and frequency will be arranged between client and volunteer.

### Peaceful Yoga      Mondays, 1:00 p.m. - 1:45 p.m.

Offering a restorative opportunity to gently focus on your body alignment and breathing. When classes are not available in person, virtual connections will be offered.

### Well on Your Way

Our SparxConnect resource platform showcases recorded meditations, mindfulness, and self-compassion practices. Content is updated regularly and may be accessed at your own pace 24/7.

### Distance Reiki

A subtle and effective form of energy healing originating from Japan in the early 1900s, reiki has no affiliation with a specific nationality or religion. Our volunteers offer these sessions by phone.

**HOSPICEWELLINGTON.ORG • 519-836-3921 • INFO@HOSPICEWELLINGTON.ORG**

## • PALLIATIVE /CAREGIVER SUPPORT •

### Palliative Day Program

**Wednesdays, 10:00 am – 1:00 pm (Onsite at Hospice Wellington, or a virtual platform, if necessary)**

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.

### Distance Therapeutic Touch®

An evidence-based form of energy healing that incorporates the intentional and compassionate use of universal energy. Sessions are available by phone with our volunteers.

## • BEREAVEMENT SUPPORT •

### Adult Loss Support Group

**Eight (8) weeks, Monday evenings, 6:00 p.m. – 8:00 p.m. September 20 – November 15, 2021 (Onsite at Hospice Wellington, or a virtual platform, if necessary)**

**Monday's, 10:00 a.m. – 12:00 p.m. September 20 – November 15, 2021, virtual via Zoom**

Support workshop for any adult who has experienced a loss. These workshops included an education component regarding how grief impacts our lives as well as group support.

### Spousal Loss Support Group

**Seven (7) weeks, Tuesday evenings, 6:00 p.m. - 8:00 p.m., September 21– November 9, 2021 (Onsite at Hospice Wellington, or a virtual platform, if necessary)**

A weekly support for individuals who have experienced the death of a spouse.

### Tuesday Mourning Scroll/Mourning Walking Group

**Tuesdays, 10:00 a.m. - 11:15 a.m.**

Virtual connections through Zoom will gently explore topics and resources in support of the grieving process until this group can resume walking together in-person.

### Gentle Art Therapy Invitations

**Tuesday evening's, 5:30 p.m. – 8:00 p.m., Thursday's 10:00 a.m. – 12:30 p.m.**

**(Onsite at Hospice Wellington, or a virtual platform, if necessary)**

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.

## • 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 in the event that 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.

### ON HOLD • Massage Therapy



795 Scottsdale Drive  
Guelph, ON N1G 3R8  
Community Level: 519.836.3921  
Residence Level: 519.822.6660