

SUPPORT GROUPS

TESTIMONIALS

WELLNESS CENTRE PROGRAMS AND OFFERINGS

DROP-IN GROUP

This support group is open to any adult living with a life-altering diagnosis and also to caregivers. The group meets every Tuesday morning for support, information sharing and friendship.

LIFESTYLE CHANGES

This four session group provides participants with an overview of the physical, mental, emotional, spiritual and social changes encountered by both the patient and the caregiver when dealing with a life-altering diagnosis. **Registration required as space is limited.**

RECLAIMING YOUR LIFE

This is an eight week educational support group for persons who have completed active medical treatment or moved to a maintenance regime and are looking to set new life goals, enhance relationships, address long-term side effects and improve overall coping. The focus of the group is to support one another while re-engaging with your life.

MIND MATTERS

This educational series is designed for persons living with a life-altering diagnosis and focuses on coping with a life-altering diagnosis, coping with anxiety, experiencing depression and coping with the unknown through learned strategies. **Pre-registration is required and space is limited at each series.**

MEN'S CLUB

A monthly support group open to any adult male living with a life-altering diagnosis. The focus of the group will be to support, educate and offer camaraderie along with a big dose of FUN.

These groups & programs are facilitated by:

- A trained Hospice Patient Care volunteer
- A trained Social Worker
- A Nurse Educator OR a trained community/industry professional

“I feel so much better after I attend my classes. It teaches me so much. I have always felt safe and cared for at The Hospice. When I attend anything there I know that everyone is aware of low immunity issues. It is a safe and protected environment– and it is appreciated by all.”

- Mary Ellen

“As a four-time cancer survivor and currently dealing with another diagnosis, my wife and I have taken advantage of several of the programs offered at The Hospice. We benefited from the Lifestyle Changes group early on with my first diagnosis. We have also taken advantage of the Radiant Touch therapy sessions at the Wellness Centre. I am also currently a member of the Men’s Club which meets once monthly and is a place I can go to discuss men’s issues specifically. I also benefited from a sleep workshop that was offered there. We are very appreciative of the services offered by The Hospice, and also very thankful to all the volunteers and donors that make the programs possible. We are blessed to have such an organization in our community.”

- Tim & Brenda

“I was suffering from a lot of pain and serious depression because of my illness. I was struggling with pain control and had turned to The Hospice for help. I faithfully attend the weekly Drop-In group and have for the past six years. It sure is great to relate and talk to others who really understand what I am going through. I find it very beneficial. I receive Radiant Touch therapies as well and it has made such a difference in my quality of life.

If it wasn’t for The Hospice Transportation services offered, I would not be able to take advantage of these programs. The driver not only picks me up physically but also emotionally. He ALWAYS has a smile on his face and a helping hand. Thank you Hospice for all you do!”

- Roger

Our mission is to support, educate and empower those who are affected by or are caring for a person with a life-altering diagnosis.

The Hospice is committed to leadership and innovation in supportive care.

For more information, dates and times or to register for any support group or activity, please contact:

Linda Sabatini, Service Coordinator
At 519-974-7100 ext. 2202
ldsabatini@thehospice.ca

Programs offered are brought to you in partnership with:

CANADIAN MENTAL HEALTH ASSOCIATION
TRANSITION TO BETTERNESS
GREENSHIELD CANADA
SCOUTS CANADA
CROCKADOODLE
MINISTRY OF HEALTH-LONG TERM CARE

LIVING WITH HOSPICE

Complimentary programs offered at The Hospice of Windsor & Essex County

ALL PROGRAMS ARE
PROVIDED AT NO COST



The Hospice of Windsor and Essex County Inc.
L'Hospice de Windsor - Essex Inc.

SUPPORT

EMPOWER

THE HOSPICE OF WINDSOR & ESSEX COUNTY
6038 EMPRESS ST. WINDSOR, ON N8T 1B5

www.thehospice.ca

FOR THE YOUNG

WELLNESS ACTIVITIES AND SERVICES

INQUIRE ABOUT THESE...

COMMUNITY EDUCATION AND SUPPORT

GUITARS FOR TEENS

Geared as a support group for teens who are living with or have a family member living with a life-altering diagnosis. It is a 10 week program which provides each participant with a guitar. **Space is limited, so registration is required.**

FUN TIME FOR KIDS

Each month, we create a special activity for the children to come together for friendship and a whole lot of fun. These activities allow kids who are facing a life-altering diagnosis or have a family member affected by such a diagnosis to enjoy some quality FUN time.

KIDS KICKING CANCER

An internationally recognized non-profit organization founded in Michigan in 1999, The Hospice is pleased to partner with Transition to Betterness to bring this special program to ALL of our Hospice children. The children begin with stretching and breathing exercises to calm themselves through challenging situations. Participants are taught traditional karate moves without sparring or body-to-body contact. This program is for children ages 5 and older. **Please note: a child with a diagnosis will be required to have a physician complete a consent form which must be submitted prior to attending the first class.**

SCOUTING WITH HOSPICE

This Hospice summer camp program is a FREE four day, three night camping experience for children ages 5 to 15 and is held the third week of August at Camp Cedarwin. The camp is designed for any child who has a parent or family member living with a life-altering diagnosis. The focus of the camp is FUN, FUN, FUN and is offered in partnership with Scouts Canada. **Space is limited and since this is a popular program early registration is encouraged.**

LEGO CLUB

Lego Club is the newest addition to our Wellness Centre programming for children. When a family member is diagnosed with a life-altering condition it's important for the family to work together as a team to support each other. Lego Club will build on the importance of working as a team. Each month, children will be given the opportunity to come together and build a Lego creation. The group's goals are to increase the child's support circle, demonstrate the importance of working as a team and to provide the children with a fun activity with a therapeutic element.

RADIANT TOUCH®, AUTHENTIC REIKI®

An ancient holistic healing approach used to balance energy from within a person. Receiving a one hour session enlivens, restores and balances your body's energy. Trained volunteer practitioners hold their hands on or just above your body which aligns your chakras- or energy centres- and allows your mind and body to gain a unique state of very deep rest.

THERAPEUTIC TOUCH™

A treatment defined as an energy field healing method where the practitioner uses the hands as a focus to facilitate healing. Therapeutic Touch™ is administered with the compassionate intent to enable to re-pattern one's own energy fields towards wholeness and health. A session is between 15-20 minutes long and a rest period of 20 minutes is encouraged afterwards.

YOGA

This yoga program specifically offers gentle stretching and breathing techniques that are suitable for all abilities including those in treatment. Yoga helps to reduce stress, improve coping skills and achieve a sense of calm. This group meets every Thursday at 10:45 a.m.

TAI CHI / QI GONG

This program consists of a simplified form of Tai Chi which emphasizes slow turning and stretching along with a form of Qi Gong known as Ba Da Jin. A great way to relax and improve your health.

MEDITATION

Discover different methods of relaxation to help with stress management in these three week long classes.

ARE YOU SLEEPING?

Discover secrets to having a better night's sleep. Learn about the best time for optimum sleep and easy ways to make this happen. The seminar will present information from Ayurveda, an ancient natural healing system. It is open to patients and their caregivers.

FAMILY WORKS

Family Works is a support group tailored to work with children and parents/guardians/caregiver in two separate groups, both focusing on communication and support to assist families with dealing with a life-altering diagnosis.

COUPLES GROUP

This is a support group open to any couple where one partner is facing a life-altering or chronic diagnosis and would like to meet other couples for support and companionship.

FAMILY & FRIENDS CAREGIVER GROUP

This support group is open to any adult who is providing physical and emotional support to someone living with a life-altering diagnosis.

LIVING THROUGH GRIEF

Dealing with grief is an important step for everyone to take and Living Through Grief is a program that focuses on techniques for making future decisions, evaluating coping skills and identifying your needs after the loss of a loved one.

CROCK-A-DOODLE

This is an artistic program that focuses on the fun of pottery painting for the whole family. It allows participants to create a beautiful family treasure—a legacy piece to be passed on to future generations. All supplies are provided.

VISIT OUR WEBSITE

www.thehospice.ca

TO VIEW OR DOWNLOAD OUR MONTHLY
WELLNESS CALENDAR, THE PROGRAMS
AT A GLANCE SCHEDULE OR NEWS AND
UPDATES ON UPCOMING
EDUCATIONAL PROGRAMS

ALS GROUP

All are welcome to attend the ALS Society of Windsor-Essex County's support group meeting at the Wellness Centre at The Hospice.

PROSTATE GROUP

A monthly support group for men living with prostate cancer.

MULTIPLE MYELOMA

A monthly support group for people living with Multiple Myeloma.

OTHER PROGRAMS

SPIRITUAL CARE

Trained spiritual care volunteers will provide support to our patients and caregivers.

LIFE STORIES— STORY TELLING

This program is an opportunity for you to tell your story as well as leave a legacy for your family and friends.

CREATING MEMORY ALBUMS

A fun and relaxing time of displaying and preserving your precious family photos and stories. Everything is provided except for your photos. Come create a special family treasure.

COMPASSIONATE

INNOVATIVE

CARING

INTEGRITY