

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Tai Chi/Health Recovery 9:30-11:00 am Pet Therapy Morning Walkabout	2 Music Therapy 1:00-3:00 pm Bereavement Support Group* 1-3:00 pm Meditative Yoga 3:30-4:30 pm	3 Chronic Disease/Pain Self-Management Program* 1:00-3:30 pm	4 Men's Group 10:00 - 12 noon Caregiver Support Group* 1:00-3:00 pm Cup of Comfort 3.00-4.00 pm	5 Cancer Support Group* 10:00-11:30 Reflexology & Reiki* 9:00-12:00 1-1 Counselling*
8 Tai Chi/Health Recovery 9:30-11:00 am Pet Therapy Morning Walkabout Poetic Medicine 2.00-3.30pm	9 Music Therapy 1:00-3:00 pm Bereavement Support Group* 1.00-3:00 pm	10 Art Therapy 10:00- 12 noon Chronic Disease/Pain Self-Management Program* 1:00-3:30 pm	11 Caregiver Support Group 1:00-3:00 pm Cup of Comfort 3.00-4.00 pm	12 Cancer Support Group* 10:00-11:30 Reflexology & Reiki* 9:00-12:00 1-1 Counselling*
15 Tai Chi/Health Recovery 9:30-11:00 am Pet Therapy Morning Walkabout	16 Music Therapy 1:00-3:00 pm Bereavement Support Group* 1.00-3:00 pm Meditative Yoga 3:30-4:30 pm	17 Chronic Disease/Pain Self-Management Program* 1:00-3:30 pm	18 Men's Group 10:00 - 12 noon Caregiver Support Group 1:00-3:00 pm Cup of Comfort 3.00-4.00 pm	19 Cancer Support Group* 10:00-11:30 1-1 Counselling*
22 VICTORIA DAY	23 Music Therapy 1:00-3:00 pm Bereavement Support Group* 1.00-3:00 pm Meditative Yoga 3:30-4:30 pm	24 Art Therapy 10:00- 12 noon Chronic Disease/Pain Self-Management Program* 1:00-3:30 pm	25 Caregiver Lunch* 1:00-3:00 pm Cup of Comfort 3.00-4.00 pm	26 Cancer Support Group* 10:00-11:30 Reflexology & Reiki* 9:00-12:00 1-1 Counselling*
29 Tai Chi/Health Recovery 9:30-11:00 am Pet Therapy Morning Walkabout Poetic Medicine 2.00-3.30pm	30 Music Therapy 1:00-3:00 pm Bereavement Support Group* 1.00-3:00 pm Meditative Yoga 3:30-4:30 pm	31 Chronic Disease/Pain Self-Management Program* 1:00-3:30 pm		
				

Sessions with an * must be booked ahead by registering at 705-444-2555 ext. 7524

All programs are provided to our clients free of charge

Visit www.hospicegeorgiantriangle.com for more information

705-444-2555

1-1 Counselling*: *By appointment only*, with our Registered Psychotherapist, Sheilagh.

Art Therapy: We invite you to join this structured open group where art therapist, Heather will guide you through a process of re-discovering and exploring your unique creative self through art processes developed to explore and soothe parts of the self. Materials will be supplied and there is absolutely no experience required, everyone is an artist.

Bereavement Support Group*: **Registration is required.** This is a structured closed group that runs consecutively for eight weeks, one day a week with educational handouts. This group is run upon client need.

Caregiver Support Group*: **Registration is required.** This is a structured closed group that runs consecutively for four weeks. Caregivers get-together to share their stories, challenges and triumphs with a facilitator who leads them through group discussion and support. Caregivers of Campbell House patients are welcomed. Special activities and themes are planned. One of the sessions takes the form of a social lunch.

Cancer Support Group*: **Registration is required.** Be a part of this support group for people who are living with a cancer diagnosis, a caregiver for an individual with a cancer diagnosis or a cancer survivor. A caring and safe atmosphere; for open discussion, education, and support. Facilitated by our Registered Psychotherapist, Sheilagh.

Chronic Disease Self-Management Program*: **Registration is required.** A six week structured program that helps adults with chronic health conditions (and their caregivers) to manage pain, fatigue, healthy eating, physical fitness, and to deal with difficult emotions and depression. This group is run upon client need.

Complementary Therapies: **All therapists/instructors are certified, accredited and insured within their disciplines**
Reflexology*: Practitioner, Karen, will use gentle pressure on certain parts of the foot to produce an effect in the body to help reduce pain and stress.

Reiki*: Universal energy that releases healing energy through the hands of our practitioner, Karen.

Meditative Yoga: A dedicated time of personal intention to create compassionate calm and provide purposeful peace through your practice of Yoga. Experiencing the various techniques of gentle movement and basic breath work, we prepare the body and mind for a mindful meditation that leads us through the exploration of the different parts of self – physical, emotional, intellectual and spiritual. You will enhance your present skills to be more able to ‘meet and greet’ your daily life with all that arises in the face of changes and challenges that come to you.

Tai Chi/Health Recovery: Bring about a state of mental calm and clarity through breathing, awareness, and meditation through slow movements.

Cup of Comfort: Support is provided to caregivers and families of patients in Campbell House through this weekly informal ‘tea’.

Men’s Group: Held the first and third Thursday’s of the month. This gives men, who are ill, bereaved or caregiving, the opportunity to share and interact with other men. This group is open to all our male clients and is facilitated by experienced male volunteers, Jim and Ric.

Music Therapy: Come relax in our Living Room and listen to Catherine play soothing music.

Pain Self-Management Program*: **Registration is required.** A six week structured program that helps adults and their caregivers better manage pain. Topics covered include healthy eating, exercise, better pain management, communication, dealing with stress, depression and difficult emotions. This group is run upon client need.

Pet Therapy: Welcome Angela and our ‘furry therapists’ Frankie and Mr. Smith from Therapeutic Paws of Canada, as they raise the spirits of our patients, families, staff and volunteers.

Poetic Medicine: Allow Jake to help you unleash the healing power of poetry. **Listening** to poetry being read with or without music, primarily as a meditative, restorative non-physical massage. Jake will also offer the opportunity to **write poetry** as a means of expressing what’s being felt and experienced now and during the final stage of life.