

WELLNESS CENTRE at a GLANCE

WELLNESS SUPPORT GROUPS & PROGRAMS

For more information or to register please contact Linda Sabatini at 974-7100 Ext 2202

ALS (Lou Gehrig) The ALS Society of (Windsor) Essex County has been in existence since 1984 and serves Windsor-Essex County as well as Chatham Kent. We are a volunteer driven and provide equipment and services to those who are living with ALS. All are welcome to attend our support group meeting at our new home at the Wellness Centre of the Hospice of Windsor and Essex County.

DROP-IN GROUP This support group is open to any adult living with a life-threatening illness and caregivers. The group meets every Tuesday morning from 9:30 till 12:00 noon for support, information sharing and friendship.

FAMILY AND FRIENDS (CARE GIVERS) This support group is open to any adult who is providing physical and/or emotional support to someone living with a life-threatening illness. Themes of the group will include coping with stress and change, changing roles in the family, self-care for caregivers, advocating and planning for the care of our loved one. The group will consist of 4 weekly sessions. Volunteer respite and transportation may be available with advance notice. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

FAMILY WORKS PROGRAM (KIDS/GUARDIANS) A five session support group that will work with both children (ages 5 to 12) and parents/guardians/caregivers in two separate simultaneously run groups. Each group will focus on facilitating communication and support to assist families through their experience related to life-threatening illnesses. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

GUITAR FOR TEENS A ten week support group for teens that have a family member living with a life-threatening disease. Guitars are provided but space is limited. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

INNER WELLNESS A bi-monthly support group open to any adult living with a life-threatening illness and their adult caregivers on restoring balance of our physical-emotional-spiritual self. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

LIFE STYLE CHANGES PROGRAM This four-session group provides participants with an over view of the physical, mental, emotional, spiritual and social changes encountered by both the patient and the caregiver when dealing with a life threatening illness. Space is limited so register early. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

LIVING THROUGH GRIEF A three-session program that focuses on identifying our needs after a profound loss, techniques for making future decisions, evaluate coping skills, recognize the emotional characteristics of losing a loved one. You must commit to attending all three sessions and space is limited. Must RSVP to Linda Sabatini for dates and times at 519-974-7100 Ext 2202.

MEN'S CLUB A bi-monthly support group open to any adult male living with a life-threatening illness. The focus of the group will be support, education, camaraderie along with a big dose of FUN. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

MIND MATTERS A four-session educational series for persons living with a life threatening illness and dealing with anxiety and depression. Pre-registration is required and space is limited. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

MULTIPLE MYELOMA A monthly support group for people living with Multiple Myeloma and their family members and friends. The group meets every second month on Saturdays from 2-4pm. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

PROSTATE CANCER A monthly support group for men living with Prostate cancer. The group meets the second Tuesday of each month from 7-9pm.

20's & 30's SUPPORT CLUB This five session support group is open to anyone in their 20's or 30's who are living with a life-threatening illness. The focus of the group is to support one another through each individual journey; education will also be a key component. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

WELLNESS ACTIVITIES AND SERVICES- (All activities and services are open to persons living with a life-threatening illness and their family members)

CREATIVE ART Stay tuned for next sessions.

CREATING MEMORY ALBUMS A fun and relaxing time of displaying and preserving your precious family photos and stories. To register or for more information contact Linda Sabatini at 974-7100 Ext 2202.

RADIANT TOUCH®, AUTHENTIC REIKI® Is an ancient holistic healing approach to balance energy from within a person. Receiving a one hour session enlivens, restores and balances your 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. Natural endorphins are released that allow for restful sleep, natural pain release, inner stillness and peace. Contact Christine Gross at 974-7100 Ext 2235 for more information.

THE KNITTING CORNER open to everyone who would like to learn to knit or crochet. Meets every Monday at 1:30pm. Please bring your own supplies.

SPIRITUAL CARE PROGRAM Trained Spiritual Care Volunteers will provide spiritual support to our patients and caregivers. Must RSVP to Linda Sabatini for dates and times at 974-7100 Ext 2202.

STORY TELLING This program is an opportunity for you to tell your story as well as to leave a legacy for your family and friends. You will receive your own personal storytelling tool kit at no cost. Trained patient care volunteers are matched 1:1 with a client for 8 sessions to assist you on telling your life story. For more information about this program, please contact Linda Sabatini at 974-7100 Ext. 2202.

THERAPEUTIC TOUCH Therapeutic Touch™ is 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 people to re-pattern their own energy fields towards wholeness and health.

Scientific research and experience have shown the effectiveness of Therapeutic Touch in eliciting a relaxation response and reducing anxiety, changing the perception of pain, and facilitating the body's natural restorative process.

A Therapeutic Touch session is 15-20 minutes long and can be administered in a sitting or lying position. A rest period of 20 minutes is encouraged afterwards, during which the client's body responds to the changes in the energy field, and their own healing momentum continues. Contact Linda Sabatini @ 519-974-7100 ex 2202 for more information

QI GONG/ HATHA YOGA Gentle stretching and breathing techniques that are suitable for all abilities including those people in treatment. Helps to reduce stress, improve coping and achieve a sense of calm. Meets every Monday at 3:30 pm. Contact Linda Sabatini at 974-7100 Ext 2202 for more information.

SOCIAL EVENTS

(All social events are open to people living with a life threatening illness and their family members)

FUN TIME FOR KIDS Each month we will have a special activity for our children to come together for friendship and a whole lot of FUN.

HOSPICE SUMMER CAMP A FREE four day - three night camping experience for children aged 5-15 held the 3rd week of August at Camp Cedarwin. The camp is for any child who has a parent or family member living with a life threatening illness. The focus of the camp is FUN, FUN, FUN and is offered in partnership with Scouts Canada. **Space is limited so register early.** Contact Linda Sabatini at 974-7100 Ext 2202 to register or for more information.

MONTHLY POTLUCK An opportunity for our Wellness Centre community to come together for some family entertainment and FUN. Feel free to invite your family and friends. For more information call reception 974-7100.

TEA TIME Sometimes we just need a good cup of tea. Join us for light-hearted conversation and tea every 1st and 3rd Wednesday afternoon at 2pm.