



SUPPORT • EDUCATE • EMPOWER

WELLNESS CENTRE “AT A GLANCE”

All activities and services are open to persons living with a life-altering diagnosis and their family members.

For more information or to register for Wellness Centre programs or activities please see the monthly calendar.

Please RSVP for programming with Linda Sabatini at 519-974-7100 Ext 2202.

The following are descriptions of the programs available at the Wellness Centre. There are a wide variety of programs that will enhance your physical, emotional, social, and spiritual well-being. Programs that will support, educate and empower you when dealing with a life-altering diagnosis.

Art Journaling Join our volunteer Gordana to learn to express yourself through this art technique. Gordana utilizes a variety of modalities to create a self-care book. All supplies included.

Basic Functional Fitness Join Exercise Therapist Paul Laforest as he shares simple exercises to deal with chronic pain.

Chronic Pain Workshop The Chronic Pain Workshop is a collaboration between the Hospice of Windsor and VON. The educational support group is a 6 week series that shares information about how to deal with chronic pain through developing an understanding of chronic pain, medications and a number of complementary practices that can help relieve the symptoms of chronic pain. Each week has a special focus with guest speakers invited to share their expertise in treating chronic pain.

Craft Class: Beading Our leader will teach this crafting technique. Learn it, make it, and bring creativity to life! All supplies provided no experience necessary.

Creating Memory Albums and Card Making A fun and relaxing time of displaying and preserving your precious family photos and stories. A starter kit is provided. Our leader will coach in making Scrapbooks and Cards.

Coffee House Our Wellness Centre community welcomes singers, poets, story tellers and musicians to come the last Wednesday of every month and share their talent.

Coping with Caregiving This support group is now monthly and is open to any adult who is providing physical and/or emotional support to someone living with a life-altering diagnosis. Themes of the group will

The Hospice of Windsor & Essex County Inc.

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include coping with the extra work of being a caregiver, changing roles in the family, self-care for caregivers, advocating and planning for the care of their loved one. Volunteer respite and transportation may be available with advance notice.

Energy Programs. We offer three energy work modalities **Radiant Touch®**, **Authentic Reiki®** and

Game/Card Club Come join us for a variety of games and socialization.

Guitar Classes Bring your guitar and join Joe to learn basic chords and simple current songs. This class is open to all ages and skill levels.

Healing with Art Express your artistic side and enhance your healing. No experience necessary, all supplies are provided. See monthly calendar for details each month.

Jammin' For Wellness Do you play an instrument or sing? Would you like to go out to the local jams but are just too tired? Then join Joe as we utilize playing live music to enhance our wellness. PA, mics, drums, and keyboard are all here.

Kid's Kicking Cancer An internationally recognized, non-profit organization founded in Michigan in 1999. Kid's Kicking Cancer is now partnering with Hospice and support from Transition to Betterness to bring their special program to ALL our Hospice children. The children begin with stretching and breathing exercises to calm themselves through challenging situations. Children are taught traditional karate moves without sparring or body-to-body contact. For children age 5 and older. Please note, children with a medical diagnosis will be required to have a physician complete a consent form and be submitted prior to attending the first class.

Lakeshore Cinema Movie Time for Adults Often times when in treatment, normal activities like going to the movies have to be avoided due to immune system concerns. Lakeshore Cinema will be offering a viewing time just for Hospice patients & their family members. The adult movie is during the week to allow couples to go out while children are in school. Join us once a month at Lakeshore Cinema for a free movie.

Life Stories Program Assigned volunteers will assist patients to capture important aspects of their life on digital audio recordings. This can be shared with family and friends as a legacy item.

Living Through Grief This group focuses on integrating loss into life. This bereavement support group is for adult family members who have lost a loved one while receiving Hospice services. Join Paul Sharrow on the second and fourth Thursdays each month.

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Multiple Myeloma A support group for people living with Multiple Myeloma and their family members and friends. The group often has a guest speaker and meets every second month on Saturdays from 2-4pm.

Pot Lucks Throughout the year, we host a variety of pot lucks on holidays to celebrate our clients. This is an opportunity for people to showcase their talents.

Road Ahead Are you newly diagnosed? Are you confused on how to navigate the medical and financial system? Join Mike for this psycho-educational support group to learn about services in the community.

Tai Chi/ Qi Gong This program consists of a simplified form of tai chi with emphasis on slow turning and stretching along with a form of Qi Gong known as Ba Da Jin. This is a great way to relax and improve your health.

Windsor-Essex Prostate Cancer Support Group A monthly support group for men living with Prostate cancer. The group often has an educational speaker, sharing the most up-to-date information about prostate cancer. The group which includes adult family members, meets the second Tuesday of each month from 7-9pm.

Yoga Gentle Yoga designed to help you relax and stretch your body. Throughout the exercises, focus on your breathing and finding a comfortable place in each pose. Available on days and evenings!

KINGSVILLE Wellness Programs

Wellness Centre Programs at Kingsville Community Church
1860 Division Rd. N. Kingsville ON N9Y2Z1

Kingsville satellite Wellness programs currently include:
Basic Functional Fitness
Guitar Lessons
Coffee House

**Please note: ALL programs and services are subject to change as to dates, times and/or availability.
Please refer to the calendar enclosed for all the latest programs being offered.**

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