

## Programming at Hospice Peterborough Fall 2010

	Description	Time
<b>Caregiver Support Group</b>	Provides support for caregivers of people who are living with a life-threatening illness. Group also provides peer support from others who are sharing similar experiences.	2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month from 10-11:30 am
<b>Women's Cancer Support Group</b>	Provides a safe and welcoming place for women living with cancer to meet others for mutual support, education and problem-solving.	Every Wednesday 10:00 – 11:30 a.m.
<b>Men's Support Group</b>	All men who are living with a serious, life threatening illness are welcome to participate for mutual support, education and problem-solving.	Every Wednesday 10:00 – 11:30 a.m.
<b>Day Hospice</b>	For people living with a life threatening illness. Clients can join a support group, stay for lunch and/or participate in therapeutic activities.	Every Wednesday 10 – 3 pm
<b>Home Support Volunteers</b>	Skilled volunteers offer practical help, spiritual and emotional support or respite in the home.	As required. CALL FOR DETAILS.
<b>Complementary Therapy Sessions</b>	Certified volunteer therapists will meet with individuals on a "as needed" basis	As required. CALL FOR DETAILS.
<b>Gentle Exercise</b>	A fitness specialist and personal trainer offers easy, gentle exercises that everyone can do.	Every Friday 1:15- 2:15 pm
<b>Just for Kids</b>	Children aged 8 to 14 meet with other children whose family member has a life threatening illness. Offers a safe place to talk, feel and begin learning how to cope with the changes that are affecting them.	CALL FOR DETAILS.
<b>Children's Grief Group (7 Weeks)</b>	An opportunity for those aged 6 to 12 to explore the meaning of the loss of someone important and develop ways of coping. <b><u>PARENT NIGHT will be held on Tuesday, October 5, 2010 from 6:30-8.</u></b>	Mondays 6:30–8:00pm Starting October 18/10 For 7 weeks
<b>Teen Grief Group (7 Weeks)</b>	An opportunity for those aged 13 to 18 to explore the meaning of the loss of someone important and develop ways of coping. <b><u>PARENT NIGHT will be held on Thursday, October 7, 2010 from 6:30-8.</u></b>	Thursdays 6:30 – 8:00 Starting October 14/10 For 7 weeks
<b>Grief Recovery Level 1 (10 weeks)</b>	Enables individuals to experience support from others who have experienced personal losses. Participants share personal experiences, express feelings and emotions, find ways to move through their grief.	Mondays 1:00 pm – 3:00 Starting Sept. 20/10 <b>OR</b> Wednesdays 4:15 – 6:15 pm starting Sept. 22/10
<b>Grief Recovery Level 2 (12 weeks)</b>	Examines some of the more complex aspects of grief recovery like: developing a new identity, developing new relationships, sexuality, unhelpful belief systems.	Mondays 10:00 – 12:00 pm starting Sept. 13/10 <b>OR</b> Tuesdays 4:15 -6:15 pm starting Sept. 14/10
<b>Grief Recovery Level 3</b>	Provides on going support and encouragement as individuals begin to redesign life that will lead to a greater sense of wholeness and health.	3 <sup>rd</sup> Tuesday each month 11:45 a.m. – 1:45 p.m. <b>OR</b> 3 <sup>rd</sup> Wednesday of each month 7-9 pm
<b>A Lunch Group for the Recently Bereaved</b>	Hospice is hosting luncheons for those who have been recently bereaved (within the past 2 years). The group offers a place to be with others who are sharing similar feelings, issues and needs.	1 <sup>st</sup> and 3 <sup>rd</sup> Friday of the month 11:30 – 12:30
<b>Walking with Hope (8 weeks)</b>	This is an open walk to anyone who is interested in meeting and talking with other bereaved people.	Sunday afternoons at Millenium Park. CALL FOR DETAILS.
<b>'Fireside Chat' for Bereaved Parents</b>	This is a group specifically for parents who have lost a child recently. It enables them to be together and to share common issues of grief.	As required. CALL FOR DETAILS.
<b>Community Resource Library</b>	Books, DVD's, pamphlets and brochures on topics related to hospice palliative care for the community and health care professionals.	Monday, Tuesday, Thursday and Friday from 9am to 5pm

Programming at Hospice Peterborough is partially funded by



Hospice Peterborough is open for drop-in support Monday to Friday 9am to 5pm.  
After hours visits can be arranged. All services are provided at no charge.  
Call 705.742.4042 for more information or to register for any group

**20 YEARS**  
of Caring

HOSPICE PETERBOROUGH – Supporting you through serious illness or grief  
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