



## Programming at Hospice Peterborough

### I have a Life-Threatening Illness

Program	Description	Time
<b>Palliative Care Community Team (PCCT)</b>	PCCT assists clients and families with health system navigation, advocacy, counselling and connection with needed services.	Call for details.
<b>Volunteer Support</b>	Our client support volunteers offer emotional support and practical help to individuals who are facing a life-threatening illness and relief time for those caring for them.	Call for details.
<b>Day Hospice</b>	An opportunity to meet others living with a life-threatening illness and share your concerns and experiences. Support groups for men and women are facilitated by Hospice staff. Consider staying for optional lunch and afternoon activities such as complementary therapy.	Wednesday 10am-2pm

### I am a Caregiver

Program	Description	Time
<b>Caregiver Support Group</b>	Our caregiver support group provides an opportunity for you to connect with other caregivers and Hospice staff to share knowledge and experience.	2 <sup>nd</sup> & 4 <sup>th</sup> Friday of the month, 10am-12pm
<b>Children and Teen Support</b>	Caring Kids and Teens: Hospice staff arrange one-to-one support or small group support as appropriate. Hospice staff may also help the family link with other community supports.	Call for details.

### I am Grieving a Death

Program	Description	Time
<b>Informal Support Groups</b>	If you have recently experienced the death of someone connected to you, you are invited to attend Lunch for the Recently Bereaved or Grief Chat for the Recently Bereaved. Walk With Hope offers gentle physical exercise and emotional support.	<b>Lunch Group:</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Friday 11:30am -1pm <b>Grief Chat:</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 6:30 – 8pm <b>Walk with Hope:</b> Please call.
<b>Grief Recovery Level 1 (10 weeks)</b>	Level one is a safe place to share and express feelings and experiences and to move forward through grief.	Offered three times per year (winter, spring & fall). Please call for more information.
<b>Grief Recovery Level 2 (12 weeks)</b>	Level two continues the learning and examines some of the more complex aspects of grief and recovery. Finding identity, new relationships, and identifying healthy and unhealthy belief systems are some of the areas explored.	Offered three times per year (winter, spring & fall). Please call for more information.
<b>Grief Recovery Level 3</b>	Level three is an informal group that offers ongoing support and encouragement.	3 <sup>rd</sup> Tuesday 11:45am – 1:45pm <b>OR</b> 3 <sup>rd</sup> Wednesday 7pm-9pm
<b>Bereaved Parents Group</b>	The Bereaved Parent Support Group is for all parents regardless of the age or circumstance of the child's death.	Last Wednesday of each month, 7-9pm
<b>Suicide Survivors Group</b>	A structured support program for individuals as they navigate the changes in their life following a suicide.	Offered as a series during the year. Call for more information.
<b>Children's Grief Group (8 weeks)</b>	For children aged six to 12 who have experienced the death of someone close to them. Support for understanding and managing feelings and behaviours around grief. A parent group meets at the same time to discuss issues related to children's grief experiences.	Offered three times per year (winter, spring & fall). Please call for information.
<b>Teen Grief Support</b>	One-to-one support or small group support as appropriate. Hospice staff help teens link with other community supports.	Call for more information.
<b>Children's Monthly Grief Check-in</b>	Children who have completed the eight-week Children's Grief Group are welcome to attend this after school program. Knowledgeable facilitators use a wide range of expressive arts activities to support children.	After school program. Call for more information

### Programs for All Clients

Program	Description	Time
<b>Wellness Support</b>	The Gentle Exercise program is for those wishing to participate in easy, gentle exercises that everyone can do. Other wellness programs are offered periodically depending on interest and need.	<b>Gentle Exercise:</b> Fridays, 1:15-2:15pm

Hospice Peterborough's summer hours are Monday to Thursday 9 am to 5 pm and Friday 9 am to 4 pm. After hours visits can be arranged. All services are provided at no charge. Call 705.742.4042 for more information or to register for a group.

