

# PROGRAMMING AT HOSPICE PETERBOROUGH

## I have a Life-Threatening Illness

PROGRAM	DESCRIPTION	TIME
Palliative Care Community Team (PCCT)	PCCT assists clients and families with health system navigation, advocacy, counselling and connection with needed services.	Call for information.
Volunteer Support	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 information.
Day Hospice	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 and trained volunteers. Consider staying for optional lunch and afternoon activities such as complementary therapy.	Wednesday 10am-2pm

## I am a Caregiver

PROGRAM	DESCRIPTION	TIME
Caregiver Support Group	Our caregiver support group provides an opportunity for you to connect with other caregivers and Hospice staff to share knowledge and experience.	2nd & 4th Friday of the month, 10am-12pm
Children and Teen Support	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 information.

## I am Grieving a Death

PROGRAM	DESCRIPTION	TIME
Informal Support Groups	If you have recently experienced the death of someone connected to you, you are invited to one of the Grief Chat for the Recently Bereaved groups. Walk With Hope offers gentle physical exercise and emotional support.	Grief Chat: 1st and 3rd Tuesday 6:30-8pm Grief Chat: 1st and 3rd Friday 10am-12pm Walk with Hope: Call for times.
Grief Recovery Group - Level 1 (10 weeks)	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 and fall). Call for more information.
Grief Recovery Group - Level 2 (12 weeks)	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 and fall). Call for more information.
Grief Recovery Group - Level 3	Level three is an informal group that offers ongoing support and encouragement.	3rd Tuesday of each month 11:45am-1:45pm OR 3rd Wednesday of each month 7-9pm
Bereaved Parents Group	The Bereaved Parent Support Group is for all parents regardless of the age or circumstance of a child's death.	Last Wednesday of each month, 7-9pm
Suicide Survivors Group	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.
Children's Grief Group (8 weeks)	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). Call for information.
Teen Grief Support	One-to-one support or small group support as appropriate. Hospice staff help teens link with other community supports.	Call for more information.
Children's Monthly Grief Check-In	Children who have completed the eight-week Children's Grief Group are welcome to attend this after school program. Trained facilitators use a wide range of expressive arts activities to support children.	After school program. Call for information.

## Programs for All Clients

PROGRAM	DESCRIPTION	TIME
Wellness Support	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.	Gentle Exercise Fridays, 1:15-2:15pm

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

