

St. Joseph's Hospice Supportive Care Calendar – July 2018

REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Canada Day	2 Closed	3 Step by Step 10:30-11:30	4 Healing Touch 1:30 Practicing Self Compassion 1:00-3:00 PM	5	6	7
8	9 Drop In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 PM H.E.A.L. 6:00-8:00 PM	10 Step by Step 10:30-11:30	11 Reconnective Healing 1:00, 1:45, 2:30, 3:15 Practicing Self Compassion 1:00-3:00 PM	12	13	14 Massage Therapy 9:00, 10:00, 11:00
15	16 Drop In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 PM H.E.A.L. 6:00-8:00 PM	17 Hair (Tammy) 1:00, 2:00 Step by Step 10:30-11:30	18 Practicing Self Compassion 1:00-3:00 PM	19 Cooking for One 6:30-8:30	20 Spa Afternoon with Claire for Draw Winner	21
22	23 Drop In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 PM H.E.A.L. 6:00-8:00 PM	24 Step by Step 10:30-11:30	25 Practicing Self Compassion 1:00-3:00 PM	26 Massage Therapy 12:00, 1:30, 3:00	27 Massage Therapy 1:00, 2:30, 4:00	28
29	30 Drop In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 PM H.E.A.L. 6:00-8:00 PM	31 Step by Step 10:30-11:30				



To book an appointment or receive more information, contact Supportive Care at (519) 931 3474

- Programs printed in BLACK are offered to ALL clients
- Programs printed in RED are offered to BEREAVED clients only
- Programs printed in GREEN are offered to CAREGIVER and BEREAVED clients only