

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

REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Integrated Energy Therapy (Raven) 10:30 Step by Step 10:30-11:30	2 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30 (Shawnee)	3	4 Exploring Grief 10:00 AM – Noon	5
6	7 Drop In Meditation 10:30-11:45 H.E.A.L (full) 6:00-8:00 PM	8 Understanding your Grief 6:00-8:00 PM Step by Step 10:30-11:30	9 Mindfulness for the Bereaved 1:00-3:00 Reconnective Healing 1:00 / 1:45 / 2:30 / 3:15 (Donna)	10	11 Exploring Grief 10:00 AM – Noon Massage Therapy 1:00/ 2:00/ 3:00/ 4:00	12
13 Mother's Day	14 Drop In Meditation 10:30-11:45 H.E.A.L (full) 6:00-8:00 PM	15 Reiki (Eileen) 9:30, 11:00 Integrated Energy Therapy (Raven) 11:00 Step by Step 10:30-11:30	16 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30 (Shawnee)	17 Cooking for One 6:30-8:30	18 Exploring Grief 10:00 AM – Noon Massage Therapy 1:00/ 2:00/ 3:00/ 4:00	19
20	21 Victoria Day	22 Step by Step 10:30-11:30	23 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30 (Shawnee) Reconnective Healing 1:00 / 1:45 / 2:30 / 3:15 (Donna)	24 Massage Therapy (Amanda) 12:00/1:30/3:00	25 Exploring Grief 10:00 AM – Noon Massage Therapy 1:00 / 2:30 / 4:00	26
27	28 Drop In Meditation 10:30-11:45 H.E.A.L (full) 6:00-8:00 PM	29 Step by Step 10:30-11:30	30 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30 (Shawnee)	31		

To book an appointment, arrange for transportation 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

