

# St. Joseph's Hospice Supportive Care Calendar – October 2018

## REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Drop-In Meditation 10:30-11:45  <b>H.E.A.L.</b> 1:00-3:00	<b>2</b>	<b>3</b> <b>Practicing Self Compassion</b> 1:00-3:00  Healing Touch 1:30	<b>4</b>	<b>5</b> <b>Exploring Grief</b> 10:00-12:00	<b>6</b> Massage Therapy 9:00, 10:00, 11:00
<b>7</b>	<b>8</b> Thanksgiving Day- Closed  	<b>9</b> <b>Step by Step</b> 10:30 – 11:30  Massage Therapy 1:30, 2:30, 3:30  <b>Understanding Your Grief</b> 6:00-7:30	<b>10</b> <b>Practicing Self Compassion</b> 1:00-3:00  Reconnective Healing 1:00, 1:45, 2:30, 3:15  Healing Touch 1:30	<b>11</b>	<b>12</b> <b>Exploring Grief</b> 10:00-12:00  <b>Finances Made Simple</b> 1:00-3:00	<b>13</b>
<b>14</b>	<b>15</b> Drop-In Meditation 10:30-11:45  <b>H.E.A.L.</b> 1:00-3:00	<b>16</b> <b>Step by Step</b> 10:30 -11:30  Massage Therapy 1:30, 2:30, 3:30	<b>17</b> <b>Practicing Self Compassion</b> 1:00-3:00  Hair 1:00, 2:00  Healing Touch 1:30	<b>18</b> <b>Cooking for One</b> 6:30-8:30	<b>19</b> <b>Exploring Grief</b> 10:00-12:00  Esthetics (Mani, Pedi, Hair, or Makeup) 1:00, 2:00, 3:00	<b>20</b>
<b>21</b>	<b>22</b> Drop-In Meditation 10:30-11:45  Mani or Pedi 9:30, 10:30, 11:30, 12:30 <b>H.E.A.L.</b> 1:00-3:00	<b>23</b> <b>Step by Step</b> 10:30 -11:30  Massage Therapy 1:30, 2:30, 3:30	<b>24</b> Reconnective Healing 1:00, 1:045, 2:30, 3:15  Healing Touch 1:30	<b>25</b> Integrated Energy Therapy 2:00	<b>26</b> Massage Therapy 1:00, 2:30, 4:00	<b>27</b>
<b>28</b>	<b>29</b> Drop-In Meditation 10:30-11:45	<b>30</b> <b>Step by Step</b> 10:30 -11:30  Massage Therapy 1:30, 2:30, 3:30	<b>31</b> 			



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