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

REGISTRATION IS REQUIRED

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

St. Joseph's Hospice

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**