



What is Supportive Care?

Supportive Care offers programs and services that compassionately support the emotional, spiritual and social well-being of individuals and families experiencing a life-threatening illness or the death of a loved one. Our intention is to **Connect, Educate and Support** our clients by:

- Giving responsive care to each person and/or family as they move through their unique journey
- Providing an atmosphere of respect for each person as they address their life meaning and purpose
- Encouraging healing and growth through participation in quality services
- Offering a place of solace where hope can be restored under the guidance of trained and empathetic staff and volunteers



Who we Serve

Supportive Care is available to residents of London, Ontario. If you or a loved one is facing a life threatening illness, or have had a **loss due to illness** in the past **two years**, we are here for you. Contact us to hear more about our services and programs.



What we Offer

Services and programs are available for **palliative, caregiver, and bereaved clients and their families**, including:

Connect

Support Groups

- H.E.A.L (Helping Each Other Acknowledge, Accept and Learn from Loss)
- Mindfulness for the Bereaved
- Exploring Grief
- Practicing of Self-Compassion
- Understanding Your Grief

Wellness Programs

- Cooking for One
- Finances Made Simple
- Guided Meditation
- Step by Step Walking Group

Complementary Therapy

- Massage
- Reiki
- Reflexology
- Hair Care

Seasonal Socials

St. Joseph's Hospice hosts a variety of themed socials throughout the year to connect with others also experiencing grief in a comfortable and peaceful environment.

Educate

Resources and Educational Workshops

Hardcopy and electronic resources are available along with community educational workshops related to grief and end-of-life care.

Support

Grief Counselling

Person and family centered counselling provided by a registered psychotherapist specializing in grief counselling.

Spiritual and Religious Care

Spiritual companionship, prayer and reflection, or connection to one's religious community, facilitated by Spiritual Care Volunteers and Staff.

Memorial Service

To honour and celebrate the life of our loved ones, St. Joseph's Hospice hosts Memorial Services throughout the year.

“

Give sorrow words, The grief that does not speak whispers the o'er-fraught heart and bids it break.

— William Shakespeare, Macbeth



Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape

— C.S. Lewis



Thanks to the generosity of our community and support from the Ministry of Health and Long-Term Care, St. Joseph's Hospice offers all programs and services at no cost for residents of London.



SUPPORTIVE CARE

Learn More

Learn more about Supportive Care at St. Joseph's Hospice by visiting:

www.sjhospicelondon.com

Contact Us

Supportive Care

To register for our programs and services, please contact us:

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