



- All Clients
- Bereaved Clients Only
- Bereaved Clients & Caregivers
- Children's Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> H.E.A.L. 1:00-3:00 pm	<b>2</b>	<b>3</b> Mindfulness for the Bereaved 1:00-2:30 pm Storytime Explorers 6:00-7:00 pm	<b>4</b> Massage Therapy 9:15, 10:30, 12:45, 1:45	<b>5</b> <u>Massage Therapy</u> 8:30, 10:00, 1:00, 2:30, 4:00 <u>Exploring Grief</u> 1:00-3:00 pm	<b>6</b>
<b>7</b>	<b>8</b> H.E.A.L. 1:00-3:00 pm	<b>9</b> <u>Drop-In Meditation</u> 10:00-11:00 am Reiki 12:30, 1:30, 2:30 <u>Understanding Your Grief (online)</u> 6:00-7:30 pm	<b>10</b> Storytime Explorers 6:00-7:00 pm	<b>11</b> Massage Therapy 9:15, 10:30, 12:45, 1:45	<b>12</b> <u>Exploring Grief</u> 1:00-3:00 pm	<b>13</b> Pedicures or Reflexology 9:30, 10:30, 11:45
<b>14</b>	<b>15</b> H.E.A.L. 1:00-3:00 pm	<b>16</b> Drop-In Meditation 10:00-11:00 am	<b>17</b> Reiki 1:00, 2:15, 3:30 <u>Practicing Self Compassion</u> 1:30-3:30 pm <u>Storytime Explorers</u> 6:00-7:00 pm	<b>18</b> <u>Connected through Cooking</u> 6:00-8:00 pm	<b>19</b> Massage Therapy 8:30, 10:00 <u>Exploring Grief</u> 1:00-3:00 pm	<b>20</b> Pedicures or Reflexology 9:30, 10:30, 11:45
<b>21</b>	<b>22</b> 	<b>23</b> Healing Touch 1:00, 2:00, 3:00	<b>24</b> <u>Practicing Self Compassion</u> 1:30-3:30 pm <u>Storytime Explorers</u> 6:00-7:00 pm	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> <u>Drop-In Meditation</u> 10:00-11:00 am <u>Manicures</u> 10:45, 11:15, 11:45				

**Registration is Required.** To register for a program or for more information, please call 519-931-3474 or email [admin.assistant@sjhospicelondon.com](mailto:admin.assistant@sjhospicelondon.com)