

# St. Joseph's Hospice Supportive Care Calendar – March 2019

## REGISTRATION IS REQUIRED

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

To book an appointment, register for a program or receive more information, contact:

[amanda.laframboise@sjhospicelondon.com](mailto:amanda.laframboise@sjhospicelondon.com) or (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

