

St. Joseph's Hospice Supportive Care Calendar – May 2019
REGISTRATION IS REQUIRED- PLEASE INFORM US IF YOU CAN'T MAKE YOUR APPOINTMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30 Integrated Energy Therapy 2:00	2 Reflexology 2:30	3 Exploring Grief 10:00-Noon	4
5	6 Mani or Pedi 9:30, 10:30, 11:30 Drop In Meditation 10:30-11:45 H.E.A.L. 6:00-8:00 PM	7 Step by Step 10:30-11:30	8 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30	9 Massage Therapy 1:30, 2:30, 3:30	10 Exploring Grief 10:00-Noon	11
12	13 Drop In Meditation 10:30-11:45 Massage Therapy 1:00, 2:30, 4:00 H.E.A.L. 6:00-8:00 PM	14 Step by Step 10:30-11:30 Reiki 5:00 Understanding Your Grief 6:00-7:30	15 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30	16 Massage Therapy 1:30, 2:30, 3:30 Reflexology 2:30 Cooking for One 6:30-8:30	17 Exploring Grief 10:00-Noon Mani, Pedi, Hair or Makeup 1:00, 2:00, 3:00	18
19	20 Victoria Day – Hospice Closed	21 Step by Step 10:30-11:30	22 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30	23 Massage Therapy 1:30, 2:30, 3:30	24 Exploring Grief 10:00-Noon Massage Therapy 1:00, 2:30, 4:00	25
26	27 Drop In Meditation 10:30-11:45 H.E.A.L. 6:00-8:00 PM	28 Step by Step 10:30-11:30 Reiki 5:00	29 Integrated Energy Therapy 10:30 Mindfulness for the Bereaved 1:00-3:00 Healing Touch 1:30	30 Massage Therapy 12:00, 1:30, 3:00	31 Exploring Grief 10:00-Noon Mani, Pedi, Hair or Makeup 1:00, 2:00, 3:00	

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

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

