



## **Wellness, Care and Support Through Your Journey.....**

*Bethell Hospice “ invites you to join us wherever you are on your journey – today, tomorrow and always” – Author Unknown*

Bethell Hospice offers support and care for every step of your journey, from day programs for the client, in-home visiting volunteers, grief and bereavement support and 24-hour residential support. Bethell Hospice is implementing a new program for those living with a life-limiting illness focusing on symptom management, care, support and companionship.

### **The Program**

The drop-in day program is offered to those diagnosed with a life-limiting illness. Wellness programs will take place on a regular basis with a variety of activities offered by professional staff and trained volunteers. The program is open to adults (18+ years) who are independently mobile (may use assistive devices), cognitive and responsible for taking care of personal needs including medication administration. Pain and symptom management consultation with Dr. M. Gagnon is by appointment only.

Wellness Program – Thursdays 11:30am  
18 King Street Unit #L9 Bolton, ON  
905-838-3534 Ext 2240  
info@bethellhospice.org

### **The Benefits**

- A retreat from the focus on illness
- Companionship with others experiencing similar challenges
  - Support and guidance from trained professionals
  - Respite for the caregiver
  - Improved well-being
- Safe, confidential and welcoming environment to share lived- experiences
  - Access to advanced care support
- Programs and supplies are offered at no cost to the participant

### **Program Activities**

- Nutritious & delicious snacks, refreshments and light lunches
  - Journaling, creative writing and story telling
  - Art Therapy (no experience necessary)
  - Therapeutic music and healing sounds
    - Meditation and reflection
    - Relaxation techniques
- Complementary therapies (massage, reflexology, reiki)
  - Animal therapy
  - Horticultural therapy
  - Guest speakers