

# Integrative Wellness Care Services For The Whole Family

January to April 2015

Please register for services by calling *The Dorothy Ley Hospice* at 416-626-0116 (and ask for the ext. as indicated)

220 Sherway Drive, Etobicoke, ON M9C 0A7 [www.dlhospice.org](http://www.dlhospice.org)

The Dorothy Ley Hospice offers individual and group support services designed to meet the emotional, spiritual and physical needs of individuals living with life-limiting illness, their caregivers, close friends and the bereaved **at no cost to individuals** thanks to the generosity of our donors and government funding.



## Family Wellness Spa Services

### Therapeutic Touch Spa

**Thursdays, 11:00 - 1:30pm**

Therapeutic Touch can reduce stress and pain symptoms and assist with relaxation. It can provide you with a renewed sense of wellbeing by using non-touch hand movements over the body to rebalance the energy flow.

**Call [main desk](#) to schedule appt.**

*Provided by qualified Therapeutic Touch practitioners.*

### TSTCM Acupuncture Clinic

**Friday's Jan 9 - April 17**

**10 am—2pm**



Acupuncture is the insertion of fine needles into specific points along the energy pathway to restore the balance of vital energy. The effectiveness of acupuncture for pain relief, nausea, anxiety and addiction is well recognized by medical professionals.

**To book appointment call [Anne at x 235](#)**

*Provided by advanced acupuncture student practitioners.*

### Stress Relief Relaxation Circle

**Wednesday Feb 4, Mar 18, Apr 15**

**7:00 - 8:00pm**

Guided Imagery, combined with mindful breathing exercises provides a mind-body relaxation response. As you help your body to relax, you can reduce your anxiety, stress and pain, resulting in improved health and sense of well-being.

**Call [main desk](#) to register.**

*Facilitated by Wellness Coordinator Cher Curshen*

## Wendy Julia Hiscox Wellness Day - For individuals with life limiting illness

**Wednesdays, 10:00 am - 2:00 pm**

At Wellness Day Services, we are dedicated to promoting individual health and wellness and a higher quality of life and self esteem to people living with a life-limiting illness through the provision of activities, comp therapies and socialization. Participants may engage in a variety of activities and services designed to promote a sense of well-being and to enhance lives. Activities include arts and crafts, games, music sing-a-long, chat circle, nutritional meals and spa treatments. A light lunch is provided.

**The following complementary therapies are offered as available to Day Program participants:**

- Therapeutic Touch
- Massage Therapy
- Tai Chi
- Guided Visualization
- Acupuncture
- Music & expressive arts

**For more information or to register, please contact the Wellness Care Coordinator [Cher x 228](#)**

*Transportation for Day Services is provided, based on assessed individual needs.*

## Hatha Yoga

**Mondays, Jan 26, Feb 9, 23 March 9**

**12:00– 1:00 pm**

The practice of yoga promotes mindful awareness of self and supports healthy emotional, mental, spiritual and physical functioning. In this four class series, experience slow and gentle yoga techniques with relaxing meditative breathing. No previous experience necessary. Mats are provided.

**Call [main desk](#) to register.**

*Facilitated by yoga instructor: Laura McClean*

## Round Table Discussion Series

**Wednesdays 1pm - 2pm**

**February 4 - Living with a life limiting illness**

**March 4 - Caring for a family member living with a life limiting illness.**

**April 1 - Hoping and coping with a life limiting illness**

**For Caregivers, Family Members and Close Friends**

**To register please call [Kelly at x 230](#)**

*Facilitated By Spiritual Care Coordinator, Kelly Collins*

## TO REGISTER FOR WELLNESS SERVICES

**Contact the Hospitality Desk for: Therapeutic Touch and Relaxation Circle  
Contact Cher at x 228 for interest in Day Program and Acupuncture**



## The Wendy Julia Hiscox Day Program

Every Wednesday 10:00 a.m.—2:00 p.m.

At Day Program, people living with a life-limiting illness support one another and engage in a variety of activities and services designed to promote a sense of well-being and to enhance their lives. Participants start the day with a check in session where they are encouraged to share how they are doing and what they experienced during the past week in a safe, supportive environment. There are also cognitive activities such as board games, cards, art, music therapy activities and guest speakers.



- Therapeutic Touch
- Guided Visualization
- Arts and Crafts
- Expressive Arts & Music
  - Thai Chi
- Massage and Acupuncture



The Day Program serves as a respite for caregivers and loved-ones and is for those living with life-limiting illness. A light breakfast and lunch is included.

For information or to register for Day Program, please call Cher Curshen at:

*The Dorothy Ley Hospice*

416.626.0116 x228

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