

Integrative Wellness Care Services For The Whole Family

January to March 2010



Dorothy Ley Hospice services include individual and group support designed to meet emotional, spiritual and physical needs to those living with life-limiting illness, their caregivers, close friends and the bereaved *without charge*

Registered Group Workshops and Relaxation Services

Creative Writing Workshop

Saturday's, Jan 9 , Feb 6 & 20 , March 6 & 20
1:00—3:pm

This workshop will focus on the therapeutic self expression of each writer while it develops the writing, stories, imagination, and unique voice of each writer. It provides an enthusiastic start to those new to writing for expression and stimulates those who've been writing for decades as they go to new places.

Facilitated by an Expressive Arts Therapist.

Guided Imagery — Relaxation

Monday's, January 25 to March 29
11.30 –1pm

Guided Imagery, combined with breathing exercises is a type of mind-body relaxation process. Anxiety, stress and pain can be greatly reduced as you help your body relax, improving health and well-being.

Facilitated by an Expressive Arts Therapist.

Individual Services By Appointment

Therapeutic Touch

Treatments are offered at the DLH Spa on **Thursday's** and **during chemo treatments** at Trillium Health Center through our Pathways To Wellness satellite services.

Therapeutic Touch can reduce stress and pain symptoms and assist with relaxation. With a focus on rebalancing the energy flow, Therapeutic Touch can provide you with a renewed sense of wellbeing.

Provided by qualified volunteer practitioners.

Taoist Tai Chi

Wednesday's, January 27 to March 31
3:30 – 4:30 pm

Program for Beginners -First 17 moves of Tai Chi Practice

This training is for those living with a life limiting illness, caregivers, & the bereaved. Learn a gentle set of movements that promotes health and well-being for people of all ages and in all health conditions.

Offered by a Trainer from the Taoist Tai Chi Society

Gentle Yoga

Monday's, January 18 to March 29
6:30-8:00pm

Good for beginners or experienced yoga enthusiasts, this gentle nurturing practice combines gentle yoga techniques with relaxing meditative breathing.

Facilitated by a yoga/meditation instructor.

Foot Care Treatment

Every Thursday, January 7 to March 25
10-2pm

Offered at the DLH Spa

Enjoy a soothing and relaxing foot treatment in our Spa area, as you experience a foot soak, nail shaping, cuticle work and a stimulating foot, lower leg and hand massage.

This treatment is provided by a qualified volunteer.

Spa Retreats

Caregivers Retreat with Concurrent Day Program For Family Members

Thursday, January 28, March 11
10-2pm

Are you in a care giving role that takes much of your time and energy as you look after your loved one?

This retreat will give you some respite, a time for YOU — A getaway where you can experience some of the personal care you give others in a worry free environment, while a family member living with life threatening illness can enjoy a concurrent activity.

Re-Energize, Renew and Relax !

Experience an informal day that includes:

- ◆ Opening and Closing Circle
- ◆ Foot Care Treatment
- ◆ Therapeutic Touch
- ◆ Tai Chi
- ◆ Light Lunch Provided

All workshops require registration.

Please call The Dorothy Ley Hospice

416.626.0116

220 Sherway Drive, Etobicoke, M9C 0A7

www.dlhospice.org

Alzheimer's Caregivers Retreat

Thursday's, February 25, March 25
10-2pm

We are pleased to offer this retreat with a concurrent group for family members living with neurodegenerative disease in partnership with the Alzheimer Society of Toronto.

This retreat will give you respite, a time for YOU where you can relax, renew and reenergize while your loved ones enjoy expressive arts activities.

For Caregivers

An informal day that will include:

- ◆ Discussion Circle *Facilitated by Ellen Kampf, Chief Program Officer, The Alzheimer Society with Kristine Gagnon, Bereavement Coordinator, The Dorothy Ley Hospice.*
- ◆ Foot Care Treatment
- ◆ Therapeutic Touch
- ◆ Tai Chi
- ◆ Massage Therapy
- ◆ Light Lunch Provided

For Family Members

A concurrent expressive arts group facilitated by an expressive arts therapist with volunteer assistance. This program will provide those living with Alzheimer's a means for self-expression by recreating memories using paper, pencils and paints.