

COMMUNITY CARE PROJECT

TARGET GROUP

“Caregivers” both professional and personal working in or deal with palliative end-of-life care

OBJECTIVES

To provide support for mental wellbeing and health of clinicians, families and volunteers working as frontline caregivers in the palliative end-of-life settings

GOALS

To create a space where caregivers can meet, share, and find a moment of “normal” in the chaos, grief and sadness of what they experience continually day to day

EXPECTATIONS

To provide a positive environment with peer to peer groups that can provide support for each other and others using a common language and developed understanding of mental wellness skills

MEASURABLES

There will be pre and post surveys asking measure based questions to determine viability of this project in our community

FUTURE PLANS

Create a sustainable and productive long term program for Grande Prairie and area

ABOUT US

Grande Prairie Hospice Palliative Care Society is a local Not for Profit that was established in 2005 to support the belief that all members of our community have the right to die with dignity and support where they choose, be it at home or in facility. Over the years we have:

- Increased awareness about palliative and end-of-life in our community
- Partnered with other organizations to build and furnish the first hospice facility in our area of the north.
- Enhanced and provided educational opportunities palliative and end-of-life care practices.
- Developed resource directory of likeminded organizations
- Created a specialized volunteer base to support palliative, end-of-life families and staff in the hospice facility setting.
- Build palliative care supports and services for the community and area including supports for the caregivers.



Community Care Pilot Project

WORKSHOP SCHEDULE



Hearthstone Manor
9206-99st Grande Prairie



COMMUNITY CARE PROJECT

JANUARY

27th @ 11am-2:30pm **Launch Luncheon**

Guest speakers:

Christine Ayling - Virtues Project

Jody Walker – AHS Mental Wellness

FEBRUARY

6th @ 10am-12pm **Jody Walker**

Piecing Together Mental Wellness

10th @ 1pm-5pm **Cherrie Johnson**

Just B-cause - Creative Therapy-card class

22nd @ 1:30pm-3:30pm **Jody Walker**

Piecing Together Mental Wellness

MARCH

9th @ 9am-12pm **Christine Ayling**

Introduction to the Virtues Project
And Practicing the Language of Virtues

APRIL

13th @ 10:30am-12pm **Carol Ballard**

Compassion Fatigue-Self Care

21st @ 1pm-5pm **Cherrie Johnson**

Just B-cause - Creative Therapy-card class

Call **Hope McNally** to book workshop or
for more information: **780-864-9595**



2018

MAY

11th @ 1pm-4pm **Christine Ayling**

Setting Boundaries & Understanding Balance
between Compassion and Detachment

12th @ 1pm-5pm **Keisha Ireland**

Thyme for Thoughts-Horticultural Therapy

JUNE

7th @ 1:30pm-3:30pm **Jody Walker**

5 Ways to Wellbeing

16th @ 1pm-5pm **Keisha Ireland**

Thyme for Thoughts-Horticultural Therapy

19th @ 10am-12pm **Jody Walker**

5 Ways to Wellbeing

JULY

19th @ 1:30pm-3:30pm **Carol Ballard**

Coping with Burnout-Self Care

13th @ 9am-12pm **Christine Ayling**

The Art of Companionship

AUGUST

TBA **Deb Balcome**

Grief and Loss Writing (2days)

TBA **Deb Balcome**

Grief through Movement

GRANDE PRAIRIE HOSPICE PALLIATIVE
CARE SOCIETY
WWW.GPHOSPICE.CA

WORKSHOP SCHEDULE

SEPTEMBER

7th @ 1:30pm-3:30pm **Jody Walker**

Living through Transitions

20th @ 1pm-4pm **Carol Ballard**

Self-Care 101

25th @ 10am-12pm **Jody Walker**

Living through Transitions

OCTOBER

13th @ 1pm-5pm **Keisha Ireland**

Thyme for Thoughts-Horticultural Therapy

27th @ 1pm-5pm **Cherrie Johnson**

Just B-cause - Creative Therapy-card class

NOVEMBER

TBA **Deb Balcome**

Grief and Loss Writing (2days)

TBA **Deb Balcome**

Care for the Caregiver

16th @ 9am-12pm **Christine Ayling**

Creating a “How are You Really?” Circle

DECEMBER

1st @ 1pm-5pm **Cherrie Johnson**

Just B-cause - Creative Therapy-paint night

7th @ 12pm-3pm **Christmas Wrap Up**

Workshops are on a first come first serve basis
Respite Care is available for caregivers to attend
Certificates of completion for each session

