

# BETHELL HOSPICE

## *Distant Therapeutic Touch*



**Therapeutic Touch is a program generally provided in person involving gentle touch. However, research shows recipients still benefit from the program even when they are physically distanced from the practitioner.**

**Trained volunteers facilitate these sessions. Sessions of Distant Therapeutic Touch can induce relaxation, reduce physical and emotional pain, and increase an overall sense of well-being. Sessions typically last for up to 30 minutes. This program is available both for residential and community clients.**

<b>Dates:</b>	Sessions Available Mondays & Thursdays
<b>Time:</b>	Sessions Available 10:30 a.m. – 12:30 p.m. & 6:30 p.m. – 8:30 p.m.
<b>Location:</b>	Phone and Video Call via Zoom (client remains in their home while the facilitator provides the service from a distance)
<b>Cost:</b>	Thanks to the generosity of our donors, there is no cost to access this program
<b>Facilitators:</b>	Trained Hospice Volunteers



**Clients are able to access support either via phone calls or video calls through the online platform Zoom Meetings.**

To make an appointment for Distant Therapeutic Touch, please contact Kaylen Leonienko at:

**905-867-0369 or [kleonienko@bethellhospice.org](mailto:kleonienko@bethellhospice.org)**



**Bethell**Hospice

*Here when you need us*