



**Therapeutic Touch®
Networks of Canada**

**Réseaux Toucher
Thérapeutique du Canada**

Therapeutic Touch® (TT) In Hospice & Palliative Care

This safe, gentle holistic practice is used throughout the world by and for people from all walks of life. It often brings peace and promotes comfort for all those involved. It is one of the most researched complementary modalities.

Research and experience show that TT may assist with:

- relaxation and reducing stress
- calming restlessness
- pain management
- easing discomfort of radiation and/or chemotherapy
- improving a sense of well-being.
- providing comfort during distressing circumstances.

In addition to being offered to those requiring palliative care at any time during their illness, from diagnosis to bereavement, at home or in a facility, family members and caregivers find that receiving a session may benefit them in their own self-care.

TTNC website: www.ttnc.ca



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Contact Information for Therapeutic Touch® in Canada

*For information on sessions, classes,
and practice groups in your area,
check your region's website:*

British Columbia Therapeutic Touch
Network Society, BCTTNS
www.bctherapeutictouch.com

Prairie Therapeutic Touch
Network Society, PTTN
www.prairietherapeutictouch.com

Therapeutic Touch Network of Ontario
TTNO
www.therapeutictouchontario.org

Réseau de Toucher Thérapeutique
du Québec, RTTQ
Therapeutic Touch Network of Quebec
TTNQ
www.ttnq.ca

Atlantic Therapeutic Touch Network, ATTN
www.atlanticctn.com

Therapeutic Touch International
Association, TTIA
www.therapeutictouch.org

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