



Exceptional care & compassionate support during illness or loss

Updated 2021-03-20

## ARE YOU NEW TO HOPE HOUSE?

Referrals are being accepted and we continue to provide virtual care\* to those diagnosed with a life-threatening illness, family caregivers & those who are bereaved. For more information please contact Georgina at [g.mercouris@hopehousehospice.com](mailto:g.mercouris@hopehousehospice.com) or 289-221-1355

## PROFESSIONAL TEAM & TRAINED VOLUNTEERS

- intake & assessment, system navigation, community resources & referral
- psychosocial support & 1:1 supportive counselling & group support
- telephone wellness checks & phone visits
- wellness groups & initiatives & 1:1 virtual complementary therapies
- additional needs-based support (ie. assistance with access to food, medication & supplies)

## WELLNESS GROUPS via Zoom

**PERMISSION TO PAUSE**—ation and breath-work Tuesdays 10 -10:45am

**OFF THE MAT MEDITATION PRACTICE with Gwendolyn** Wednesdays 2-3pm

**QIGONG with Andrea** Thursdays 11:30am -12:15pm

**JUST BREATHE with Annette** Thursdays 7:30 - 8:00pm

## PATHWAYS PROGRAM (DAY HOSPICE) Wednesdays 11am-12pm

Modeled from our in-person day hospice, the Pathways Program provides an enhanced opportunity for anyone living with a life-threatening illness to find support and connection

## BEREAVEMENT GROUPS via Zoom

Bi-weekly drop-in support groups for men & women who are experiencing the death of a loved one:

**COMFORT CAFE** Tuesdays 1-3pm

**BEREAVEMENT BISTRO** Fridays 10-11am

**SUDDEN LOSS BEREAVEMENT GROUP** – returning Fall 2021

**NEW: LOSS DURING COVID** - Feb 11- Apr 3, 2021 & May 6-June 24 @ 6-8pm

**NEW: MISSING PIECE** bereavement support group for youth 1- Apr 30 - June 4, @ 6-7pm

**COMING IN JULY: GRIEF BUSTERS GONE VIRTUAL** bereavement summer camp for kids

**WEEKLY WELLNESS CONNECTION** a weekly email with contributions from our wellness facilitators  
To register: [wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)

\*virtual care includes phone calls, video conferencing, secure messaging & email

Staff are currently working off-site and are available via telephone, text, email & video conferencing during their regular work hours. Contact information for staff can be found on our website: [www.hopehousehospice.com/our-team](http://www.hopehousehospice.com/our-team)



Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!

All programs & services are offered at no cost. Donations are always appreciated.

**Main Office:** 350 Industrial Pkwy South, Aurora L4G 3V7

**Second Location:** 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 [www.hopehousehospice.com](http://www.hopehousehospice.com) [admin@hopehousehospice.com](mailto:admin@hopehousehospice.com)

HOPE HOUSE COMMUNITY HOSPICE: Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved.