


MONTHLY Drop-in Group

COMPASSIONATE CAREGIVERS



Being a Compassionate Caregiver means growing the capacity to be present, create healthy boundaries and extend a deep sense of compassion to ourselves and our loved ones.

Self-compassion encompasses three elements: self-kindness, connectedness and mindfulness.

This session offers a space for caregivers to connect with others, gain skills and tools that support a sense of wellbeing.

First Friday of the Month
2:00–3:30pm
at Hope House

To register or for information, contact Maria:
m.carbajal@hopehousehospice.com
or 905-727-6815 x230

If you are new to Hope House, contact Intake:
programs@hopehousehospice.com
or 905-727-6815 x223

All programs & services at Hope House are offered at no charge.

Donations are always appreciated.

Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.

NEW ADDRESS:

15105 Yonge Street Suite 105, Aurora, ON L4G 1M3
905-727-6815 www.hopehousehospice.com

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