

# Seasonal Wellness

# Resilient

# Writers



**Monday January 26<sup>th</sup> 2026**  
**2:00pm-3:30pm, on Zoom**

This program focuses on giving a voice to the parts of yourself that may feel lost as a result of a significant change, transition or loss. We will explore and create a practice of self-inquiry and reflection through writing, creating a space for deep listening and connection to your own thoughts and emotions.

**Facilitated by Nicki & Lilly**



To register or for information, contact Nicki  
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