



Our Vision:
A community where
no one journeys alone
through illness or loss.

PROFESSIONAL TEAM & TRAINED VOLUNTEER SUPPORT

- 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
 - bereavement companionship by professionally trained volunteers
- additional needs-based support

IN-HOME HOSPICE VOLUNTEER VISITING professionally trained volunteers

WELLNESS GROUPS via Zoom

PERMISSION TO PAUSE—Gentle Yoga with Adina Mondays @ 10–11am

MOVEMENT for Health, Energy, Joy & Deep Rest with Andrea Wednesdays @ 10-11am

QIGONG with Andrea Fridays @ 11:30am - 12:15pm

REST TO RISE with Gwendolyn Monthly on Thursdays @ 7–8:15pm

MINDFULNESS 101 with Cheryl 4-week series Mondays @ 1-2:30pm~Sep 19-Oct 20, 2022

PICKING UP THE PIECES post cancer support 9-weeks Tuesdays @ 10am-12noon Oct 18-Dec 13, 2022

TOUCHSTONE BRACELETS: Next session Monday Sep 26 @ 7-8:30pm

ALOKA YOGA yoga therapy for grief & loss - 6-week series Wednesdays 7-8pm Sep 14-Oct 19, 2022

OTHER OFFERINGS THROUGHOUT THE YEAR: Aromatherapy, Wellness Wednesdays,
For program descriptions & the most up-to-date programs available visit www.hopehousehospice.com/wellness-programs

BEREAVEMENT GROUPS via Zoom

Support groups for adults, youth and children who have experienced the death of a loved one:

COMFORT CAFÉ Tuesdays 1-3pm (adults) & **BEREAVEMENT BISTRO** Fridays 10-11am (adults)

LUMI LOUNGE Tuesdays 6:30-8pm (young adults aged 18-25 years)

RELIEF ROOM Mondays 6-7:30pm (youth aged 13-17 years)

WINGS - back in 2022 (children aged 6-12 years)

MONTHLY WELLNESS CONNECTION

a monthly email with contributions from our wellness facilitators. To sign up: wellness@hopehousehospice.com

PROGRAM CALENDAR:
www.hopehousehospice.com/calendar



To REGISTER OR FOR MORE INFORMATION: contact our Intake Coordinator, Georgina at g.mercouris@hopehousehospice.com or 95-727-6815 x223