



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

Updated 2021-12-18

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 For program descriptions visit www.hopehousehospice.com/wellness-programs

PERMISSION TO PAUSE—Gentle Yoga with Adina Mondays @ 10–11am **NEW format & time**

OFF THE MAT Meditation with Gwendolyn Wednesdays @ 4 - 5:00pm **NEW time**

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

BECOMING MINDFUL with Cheryl Crosby Monthly on Sundays Jan-May @ 7–8pm **NEW**

SWITCHING LENSES gratitude through photography Tuesdays 7-8pm starts Jan 25, 2022

AWAKEN TO AYURVEDA Fridays @ 9:30-10:30am starts Feb 4, 2022 **NEW**

PICKING UP THE PIECES post cancer support returning Spring 2022

OTHER OFFERINGS THROUGHOUT THE YEAR: Aromatherapy, Journaling and more

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)

Also available

SUPPORTIVE COUNSELLING - 1:1 support by professional staff

BEREAVEMENT COMPANIONING - 1:1 peer support by professionally trained volunteers

WEEKLY WELLNESS CONNECTION

a weekly email with contributions from our wellness facilitators. To register: 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 289-221-1355