



formerly Hospice King-Aurora-Richmond Hill

# PROGRAMS & SERVICES

We provide highly-personalized support, at no cost, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved. Our professional staff and network of dedicated volunteers provide innovative programs and seamless access to timely information.

## IN-HOME VISITING

Professionally trained and supported volunteers offer non-medical, in-home support to those in the later stages of illness, including caregiver relief, telephone support, practical assistance and companionship.

## DAY HOSPICE PROGRAM

A supportive & friendly day out for those diagnosed with progressive life-threatening illness. Features wellness programs, guest speakers, wellness therapies and more. Lunch is provided. Offered in Richmond Hill only.

## CAREGIVER & BEREAVEMENT SUPPORT

**Sharing the Care & Caregiver Support** wrap-around support including temporary practical assistance

**Grief & Bereavement Counselling & Support** provided to individuals (children, teens and adults) & families

**Comfort Café**—A weekly drop-in group for men & women who are experiencing the loss of a loved one.

**Wings Support Group for grieving children aged 6-12 years**—A chance for children to participate in a variety of activities designed to support their grief journey. A concurrent session is offered to parents

**Who cares? Support Group for grieving teens**—A peer support group for grieving teens aged 13- 17 years.

**Grief Busters Summer Camp**—A five-day camp for children aged 7 to 12 who have had a family member die or who is terminally ill.

**Bereavement Education Presentations & Services** for schools, community support agencies and businesses.

## WELLNESS PROGRAMS

**Tranquil Moments Yoga** A gentle approach to yoga encouraging awareness and well-being.

**Meditation** Weekly meditation group exploring a variety of techniques.

**Healing Hike** An opportunity for conversation and support while walking with others through Sheppard's Bush.

**Picking Up the Pieces** Specialized support for those moving forward with their life after cancer treatment.

**Wellness Wednesday** Monthly offering of healing modalities such as Qigong, Laughter Yoga, EFT, etc.

**Individual Modalities** Reflexology, Reiki, Thai Yoga Massage, Attunement, etc.

Other Group Offerings such as Art Therapy, Qigong, Healthy Living Now, Food & Digestion, and more

For updates & program times, check out the calendar on our website: [www.hopehousehospice.com](http://www.hopehousehospice.com)

MAIN OFFICE - 350 Industrial Pkwy S. AURORA, ON L4G 3V7  
SECOND LOCATION - 212-10909 Yonge St. RICHMOND HILL, L4C 3E3

Phone: 905-727-6815

Email: [programs@hopehousehospice.com](mailto:programs@hopehousehospice.com)

[www.hopehousehospice.com](http://www.hopehousehospice.com)