

NEW: 4-week wellness group

JOURNEYS

metastatic & advanced cancer support group



...FIND HOPE & MEANING...

A diagnosis of metastatic cancer, can bring many emotions, questions and fears. When you need it the most, support may be hard to find.

JOURNEYS is a 4-week program created to support those facing the challenges of metastatic and advanced cancer.

Under the guidance of a professional therapist, the program will explore topics such as:

- living well with cancer
- stress management
- present & future sources of meaning
- relationships
- exploring legacy work

Thursdays @ 10-11:30am
Oct 5 to 26, 2023 via Zoom

To register or for information, contact Vilma
v.oliveros@hopehousehospice.com
or 905-727-6815 x230

If you are new to Hope House, contact Georgina:
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.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

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