



Updated 2021-09-01

## ARE YOU NEW TO HOPE HOUSE?

Referrals are being accepted and we continue to provide virtual care\* to those diagnosed with a life-threatening illness, family caregivers & those who are bereaved. For more information please contact Georgina at [g.mercouris@hopehousehospice.com](mailto:g.mercouris@hopehousehospice.com) or 289-221-1355

## 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 – resume week of September 13, 2021  
For program descriptions visit [www.hopehousehospice.com/wellness-programs](http://www.hopehousehospice.com/wellness-programs)

**PERMISSION TO PAUSE–Yoga Nidra with Adina** Mondays @ 3 - 4:15pm

**OFF THE MAT Meditation Practice with Gwendolyn** Wednesdays @ 2 - 3:00pm

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

**JOURNALING for WELLBEING with Riley** Wednesdays @ 7 - 7:45pm  
Six sessions over three months - Sep 15 & 29, Oct 13 & 27, Nov 10 & 24

**AROMATHERAPY for WELLBEING** Friday Oct 29 @ 2 - 3pm Fragrant Forest Soothing Spray

**WELLNESS WEDNESDAYS** Monthly—check website for details

**PICKING UP THE PIECES post cancer support** Tuesdays Oct 12 - Dec 7, 2021 10am-12pm

**MINDFUL MEDITATION with Cheryl Crosby** Mondays Nov 8, 15, 22 & 29 @ 10:30am -12noon  
Introduction to Mindfulness Based Stress Reduction

**BEREAVEMENT GROUPS** via Zoom

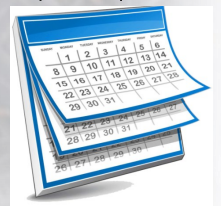
Bi-weekly drop-in support groups for men & women who are experiencing the death of a loved one:  
**COMFORT CAFE** Tuesdays & **BEREAVEMENT BISTRO** Fridays

**WINGS** bereavement support for children & teens—coming fall 2021

Check our website—more Bereavement Groups being offered soon

**WEEKLY WELLNESS CONNECTION** a weekly email with contributions from our wellness facilitators  
To register: [wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)

**PROGRAM CALENDAR:**  
[www.hopehousehospice.com/calendar](http://www.hopehousehospice.com/calendar)



**TO REGISTER OR FOR MORE INFORMATION:** contact our Intake Coordinator, Georgina at [g.mercouris@hopehousehospice.com](mailto:g.mercouris@hopehousehospice.com) or 289-221-1355

\*virtual care includes phone calls, video conferencing, secure messaging & email



Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you! Staff contact information for staff can be found on our website: [www.hopehousehospice.com/our-team](http://www.hopehousehospice.com/our-team)

All programs & services are offered at no cost. Donations are always appreciated.

**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](http://www.hopehousehospice.com) [admin@hopehousehospice.com](mailto:admin@hopehousehospice.com)