

Adult Bereavement Workshop

# Rebuilding in Colour



**Monday March 23<sup>rd</sup>, 2026**  
1:30pm - 3:00pm, in person

Rebuilding in Colour: A Mindful Mosaic Session is a calming and creative session for adults navigating grief. This workshop invites participants to explore mindfulness through the art of mosaic-making with plastic pieces. No artistic experience required – come unwind, connect, and rebuild in color.

Organized by the Hope House Bereavement Team

To register or for information, contact Maria:  
[m.carbajal@hopehousehospice.com](mailto:m.carbajal@hopehousehospice.com)  
or 905-727-6815 x 226

New to Hope House? Contact intake:  
[programs@hopehousehospice.com](mailto:programs@hopehousehospice.com)  
or 905-727-6815 x 223

All programs and 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.

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