

Cancer Wellness ... Virtually

# Spirit & Soul

Facilitated by Vicki Cousins



A cancer diagnosis can often send ripples outwards touching many different areas in a woman's life. This monthly group creates a gentle space for women navigating a cancer diagnosis to gather for self-reflection, inspired discussion and resource sharing with the focus being nurturing and supporting the essence of one's spirit when facing adversity.

Via ZOOM

Tues Oct 3, 2023 @ 10 - 11am

Thu Nov 9, 2023 @ 10 - 11am

Thu Dec 7, 2023 @ 10 - 11am

To register or for information, contact Nicki  
wellness@hopehousehospice.com  
or 905-727-6815 x227

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

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