



Our Vision:
A community where
no one journeys alone
through illness or loss.

PROFESSIONAL TEAM & TRAINED VOLUNTEER SUPPORT

- 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
 - bereavement companionship by professionally trained volunteers
- additional needs-based support

IN-HOME HOSPICE VOLUNTEER VISITING professionally trained volunteers provide companionship & caregiver relief

WELLNESS GROUPS via Zoom

PERMISSION TO PAUSE—Gentle Yoga with Adina Mondays @ 10–11am

MOVEMENT for Health, Energy, Joy & Deep Rest with Andrea Wednesdays @ 10-11am

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

REST TO RISE TO REVITALIZE with Gwendolyn Mon Jan 30 @ 8am, Wed Feb 1 @ 2pm & Fri Feb 3 @ 7pm

BECOMING MILDFUL with Cheryl Monthly Gathering Sunday Evenings @ 7-8pm—Jan 15, Feb 12, Mar 12, Apr 16

PICKING UP THE PIECES post cancer support 9-weeks Tuesdays returns Spring 2023

TOUCHSTONE BRACELET workshop for grief & loss: Next session Tue Feb 28 @ 7-8:30pm

IT'S A STRETCH morning session devoted to light stretching, gentle movements - 6-week series Tuesdays 9-9:30am Jan 10 - Feb 14

OTHER OFFERINGS THROUGHOUT THE YEAR: Aromatherapy, Wellness Wednesdays,

For program descriptions & the most up-to-date programs available visit www.hopehousehospice.com/wellness-programs

MONTHLY WELLNESS CONNECTION

a monthly email with contributions from our wellness facilitators. To sign up: wellness@hopehousehospice.com

BEREAVEMENT GROUPS via Zoom

Support groups for adults, youth and children who have experienced the death of a loved one:

COMFORT CAFÉ Tuesdays 1-3pm (adults) & **BEREAVEMENT BISTRO** Fridays 10-11:30am (adults)

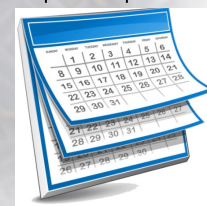
LUMI LOUNGE Tuesdays 6:30-8pm (young adults aged 18-25 years)

RELIEF ROOM Mondays 6-7:30pm (youth aged 13-17 years)

TOUCHSTONE BRACELET workshop for grief & loss: Next session Tue Feb 28 @ 7-8:30pm

PROGRAM CALENDAR:

www.hopehousehospice.com/calendar



TO REGISTER OR FOR MORE INFORMATION: contact our Intake Coordinator, Georgina at g.mercouris@hopehousehospice.com or 905-727-6815 x223