



PROGRAMS & SERVICES

PROFESSIONAL TEAM & TRAINED VOLUNTEER SUPPORT

- intake & assessment, system navigation, community resources & referral
- psychosocial support, bereavement companionship by professionally trained volunteers

IN-HOME HOSPICE VOLUNTEER VISITING professionally trained volunteers provide companionship & caregiver relief to palliative clients and their caregivers

HOPE HUB an opportunity to connect, relax, learn & share • 2nd Friday of the month **in person at Hope House Aurora**. Refreshments served.

WELLNESS GROUPS

Wellbeing is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. Hope House Wellness programs create the space to attend to your own state of well-being while navigating illness and grief.

YOGA

Permission to Pause Gentle Yoga with Laura • Mondays @ 10-11am **via Zoom**

Mindful Movement with Gwendolyn • Mondays @ 6:30-7:30pm **via Zoom**

Tranquil Moments with Linda • Tuesdays @ 2:30-3:30 pm **in person at Hope House Aurora**

Picking Up the Pieces 9-week post-cancer support group with Vicki Cousins • Tuesdays Apr 16-June 11, 2024 **via Zoom**

Resilient Writers 2nd Tuesday of the month Apr 9, May 14 & Jun 11, 2024 **in person at Hope House Richmond Hill**

Qigong with Andrea • Wednesdays @ 9:30-10:30 am **in person at Hope House Aurora**

Spirit & Soul Circle for women diagnosed with cancer with Vicki Cousins • Monthly on Thursdays @ 10-11am **via Zoom**

Qigong for Rest & Sleep with Andrea • Monthly on Thursdays @ 7:30-8:30pm **via Zoom**

Art Care • 3rd Thursday of the month @ 10:30-12 noon **in person at Hope House Richmond Hill** OR 1:30—3pm **via Zoom**

BEREAVEMENT GROUPS

Weekly Drop-in Group: Bereavement Bistro Fridays 10-11:30am **via Zoom**

Monthly Drop-in Group: Positivi-tea: meet-up for those navigating life after the death of a loved one Wednesdays 2-3:30pm **in person at Hope House Richmond Hill**

8-week Group: Transitions: transitioning together with grief Thursdays 2:30-4:30pm **in person at Hope House Aurora**

Children's Camp HUUG (Help Us Understand Grief) Kids' Camp a meet-up for those navigating life after the death of a loved one July 15 - 19, 2024 @ 9:30am—3:30pm **in person at Hope House Aurora**

TO REGISTER/FOR INFORMATION: programs@hopehousehospice.com or 905-727-6815 x223



Programs offered at no cost. **DONATIONS ARE VERY MUCH APPRECIATED.**
www.hopehousehospice.com/donate

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