



Exceptional care & compassionate support during illness or loss

Updated 2021-01-08

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 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

PERMISSION TO PAUSE-YOGA NIDRA with Adina Mondays Jan 11- Feb 15 @ 3-4pm

WELLNESS BREAK relaxation and breath-work Tuesdays 10 -10:45am

OFF THE MAT MEDITATION PRACTICE with Gwendolyn Wednesdays 2-3pm

QIGONG with Andrea Thursdays 11:30am -12:15pm

NEW for Winter 2021

SWITCHING LENSES cultivating gratitude through photography Thursdays Jan 20 - Feb 24 @ 7-8pm

AROMATHERAPY FOR WELLNESS Fridays Feb 5 - 26, 2021 @ 2-3pm

PATHWAYS PROGRAM (DAY HOSPICE) Wednesdays 11am-12pm

Modeled from our in-person day hospice, the Pathways Program provides an enhanced opportunity for anyone living with a life-threatening illness to find support and connection

BEREAVEMENT GROUPS via Zoom

Bi-weekly drop-in support groups for men & women who are experiencing the death of a loved one:

COMFORT CAFÉ Tuesdays 1-3pm

BEREAVEMENT BISTRO Fridays 10-11am

SUDDEN LOSS BEREAVEMENT GROUP – Jan 27-Feb 17 3:30-5:00pm

NEW: LOSS DURING COVID - Feb 4 - Mar 25, 2021 6-8pm

WEEKLY WELLNESS CONNECTION a weekly email with contributions from our wellness facilitators
To register: wellness@hopehousehospice.com

Staff are currently working off-site and are available via telephone, text, email & video conferencing during their regular work hours.
Contact information for staff can be found on our website: www.hopehousehospice.com/our-team

*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!

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 admin@hopehousehospice.com

HOPE HOUSE COMMUNITY HOSPICE: Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved.