



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

NEW HOPE HOUSE HUB an opportunity to connect, relax, learn and share • 2nd & 4th Friday @ 10:30am - 12:30pm **in person** at Hope House Aurora. Refreshments served

WELLNESS GROUPS via Zoom & in-person

- **PERMISSION TO PAUSE** Gentle Yoga with Laura Mondays @ 10 - 11am via Zoom
- **QIGONG** with Andrea • Wednesdays @ 9:30-10:30am via Zoom
- **WALK & TALK FOR WELLBEING** 1st & 3rd Friday @ 10:30am-11:30am **in person** on nature trails in Richmond Hill & Aurora)
- **NEW Gentle YOGA Nidra** with Gwendolyn • Mondays @ 7-8pm **in person** at Laskay Hall, King City
- **NEW SPIRIT & SOUL** with Vicki Cousins Monthly Women's Circle for women diagnosed with cancer • Tue Oct 3, Thu Nov 9 & Thu Dec 7 @ 10-11am via Zoom
- **NEW JOURNEYS** support for advanced/metastatic cancer • Thursdays @ 10-11:30 Oct 5-26, 2023 via Zoom
- **NEW TRANQUIL MOMENTS YOGA** with Linda • Thursdays @ 7-8pm **in person** at Hope House Aurora
- **NEW Hope House HUB** an opportunity to connect, relax, learn and share • 2nd & 4th Friday @ 10:30am - 12:30pm **in person** at Hope House Aurora. Refreshments served.
- **NEW MINDFUL MOVEMENT** with Gwendolyn • Oct 23 & Nov 27, 2023 @ 7-8pm via Zoom
2-part breast cancer series: **How Our Plans Evolve H-O-P-E** Self-care Series
- **PICKING UP THE PIECES** post cancer support with Vicki Cousins 9-weeks • Tuesdays @ 10-12noon Oct 17-Dec 12, 2023 via Zoom
- **QIGONG FOR REST & SLEEP** with Andrea Monthly on Thursdays @ 7:30-8:30pm via Zoom
- **AROMATHERAPY** with Nicki Wed Nov 29, 2023 @ 2-3:30pm **in person** at Hope House Aurora

Flyers & details: www.hopehousehospice.com/wellness-programs

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)

Coming Soon:

EVENING BEREAVEMENT GROUP (adults); **LUMI LOUNGE** (18-35 years); **RELIEF ROOM** (13-17 years); **WINGS** (children aged 6-12)

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