



wellness...virtually...

Resilient Writers

Journaling & Writing practices for navigating challenging times



Mondays June 12th, 19th & 26th 2023 @ 7-8:30pm via Zoom

Being a resilient writer means giving a voice to the parts of yourself that may feel lost as a result of experiencing a bereavement, a serious illness or when adjusting to a change in caregiving roles. We will explore and create a practice of self-inquiry & reflection through exploring poetry, the use of writing prompts thus creating a space for deep listening and connection to your own thoughts and emotions.

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

To register or for information contact Nicki:
wellness@hopehousehospice.com or 905-727-6815 x27

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com or 905-727-6815 x23