

Welcome to



Our professional staff and dedicated volunteers provide innovative, personalized, compassionate support to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.

All programs and services at Hope House are offered at no charge.

Donations are always appreciated.

If you are new to Hope House, contact Tanja
t.shishkina@hopehousehospice.com
or 905-727-6815 x 223

Wellness Workshop

Mindful Mudra & Meditation



Sunday March 29th 2026

2:00pm - 3:00pm, in person

Join us for an afternoon selfcare session focused on mudra, meditation and mindfulness practices to support a sense of wellbeing.

Facilitated by Gwendolyn



Community
Hospice

To register or for information, contact Nicki
wellness@hopehousehospice.com
or 905-727-6815 x 227

Wellness Workshop
**Feel Good
Friday**



Friday April 24th 2026

6:00pm - 7:30pm, in person

Join us for an easeful and enjoyable Feel Good Friday session focused on seasonal selfcare practices to support our ability to rest, digest and manifest a greater sense of springtime wellbeing!

Facilitated by Nicki & Gwendolyn



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Wellness Workshop

Yoga & Aromatherapy for Grief & Loss



Thursday April 9th 2026

6:30pm - 8:00pm, in person

Join us for a self-care session exploring how aromatherapy and yoga practices can offer support for the mind, body, and spirit while navigating grief and loss. The session will include gentle yoga and the use of essential oils to cultivate wellbeing.

Facilitated by Nicki & Gwendolyn
Spots Limited – Registration Required

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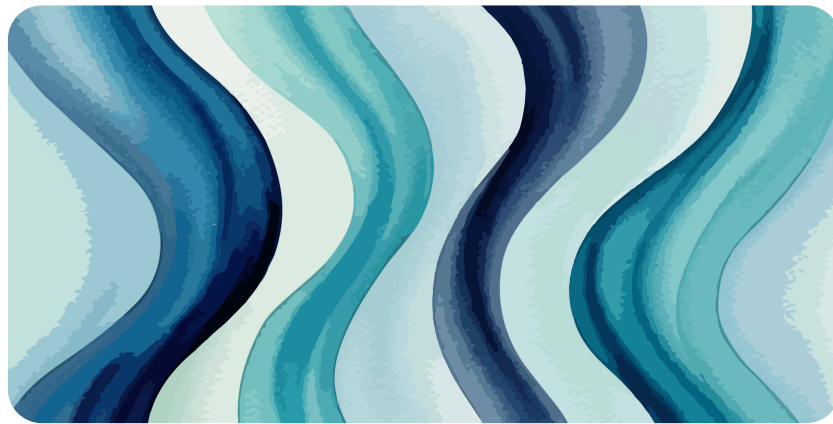
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Wellness Series

Moving Forward Feelings & Flow



Wednesday Evenings

7:30 – 8:30pm, on Zoom

Moving Forward – Feelings & Flow is 5-Week Gentle Yoga series focuses on supporting the mind, body and spirit while navigating times of transitions, change and growth. *Suitable for all levels of yogis!*

Facilitated by Gwendolyn

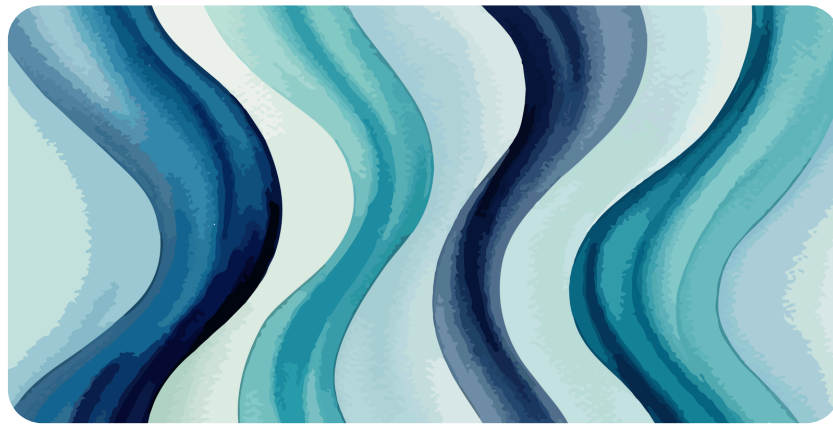


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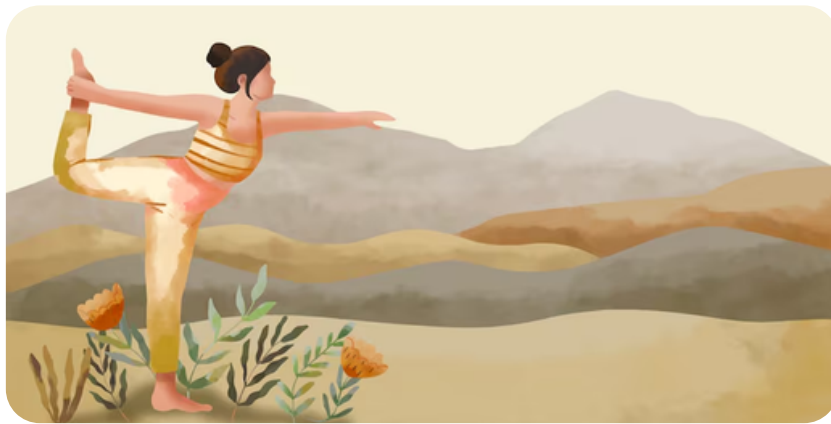


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Wellness Workshop

Yin & Yang of Breast Cancer: Movement & Mindset Session



Monday March 23rd 2026

7:00pm - 8:15pm, on Zoom

This session offers both energetic practices to shift energy and stoke our inner fiery spirit as well as gentle wind down practices to develop mobility while honoring our limitations and need for rest.

Facilitated by Gwendolyn

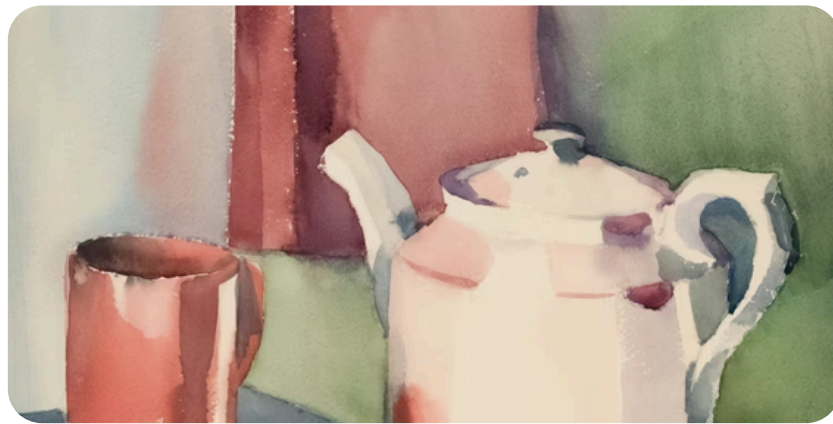


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Caregiver Support Group

Compassionate Caregivers Café



1st Friday of the Month

2:00pm - 3:00pm, in person

A warm, café-style gathering for caregivers to connect, reflect, and feel supported in the community. This lightly facilitated space focuses on genuine conversation, shared understanding, and leaving feeling a little lighter. Join us for tea, connection, and a welcoming space where you can show up just as you are.

Facilitated by Amanda



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To register or for information, contact Amanda
a.singh@hopehousehospice.com
or 905-727-6815 x 230

Complementary Therapies

Group Reiki



Wed Apr 1st & Mon Apr 13th 2026

9:30 - 11:30am, in person

Group Reiki offers a gentle and supportive space for relaxation, grounding, and rest. These sessions may include energy healing, guided meditation, and calming sound to support overall well-being. Participants are invited to simply rest and receive in a peaceful environment.

**Facilitated by Shani (Reiki Practitioner)
Registration Required – Spots Limited**

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a.singh@hopehousehospice.com
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Expressive Arts Series

Making Meaning



3rd Friday of the Month

10:30am-12:30pm, in person

This program focuses on creating a personal legacy and exploring what makes for a meaningful life. Through the use of expressive arts modalities, this session offers opportunities for sharing stories, reflection and connection with others. Explore what a life well-lived looks like for you!

Facilitated by Elena

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wellness@hopehousehospice.com
or 905-727-6815 x 227

Cancer Support Group

Hope Huddle



3rd Monday of the Month

10:30am-12:00pm, on Zoom

This monthly gathering offers a warm and engaging space for women navigating a cancer diagnosis to come together and huddle up for peer support and connection.

Facilitated by Nicki



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Monthly Wellness

Crafting Wellbeing



2nd Friday of the Month

2:00pm - 3:30pm, in person

Crafting can spark joy, ease stress, and help you find that blissful 'feel-good flow' – a meditative-like state for both mind and body. Come enjoy the simple pleasures of cutting, gluing and creating as we craft our way to better wellbeing.

Facilitated by Nicki & Julia



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In-Person Wellness

Chair Yoga



Tuesday Afternoons

2:30pm-3:30pm, in person

Chair yoga is a modified form of yoga. This session offers a gentle and accessible approach to yoga, making it suitable for individuals with limited mobility, balance issues or those navigating illness or a time of healing.

Facilitated by Linda



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wellness@hopehousehospice.com
or 905-727-6815 x 227

Adult Bereavement Workshop

Rebuilding in Colour



Monday March 23rd 2026

1:30 - 3:00pm, in person

Rebuilding in Colour: A Mindful Mosaic Session is a calming and creative session for adults navigating grief. This workshop invites participants to explore mindfulness through the art of mosaic-making with plastic pieces. No artistic experience required – come unwind, connect, and rebuild in color.

Organized by the Hope House Bereavement Team



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To register or for information, contact Maria
m.carbajal@hopehousehospice.com
or 905-727-6815 x 226

Virtual Wellness

Zen with Gwen



2nd Monday of the Month

7:00pm - 8:00pm, on Zoom

Join Gwendolyn each month for a session focused on supporting a sense of wellbeing through gentle movement and the use of a variety of guided mindfulness practices and techniques.

Facilitated by Gwendolyn

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wellness@hopehousehospice.com
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Virtual Wellness

Joy in Movement



Wednesday Mornings

10:00am - 11:00am, on Zoom

Joy in Movement is a fun and engaging mind/body session focused on exploring the wonders of simple movements coupled with moments of stillness to ignite a spark of joy from within. This session incorporates a variety of practices to renew a sense of vitality.

Facilitated by Andrea

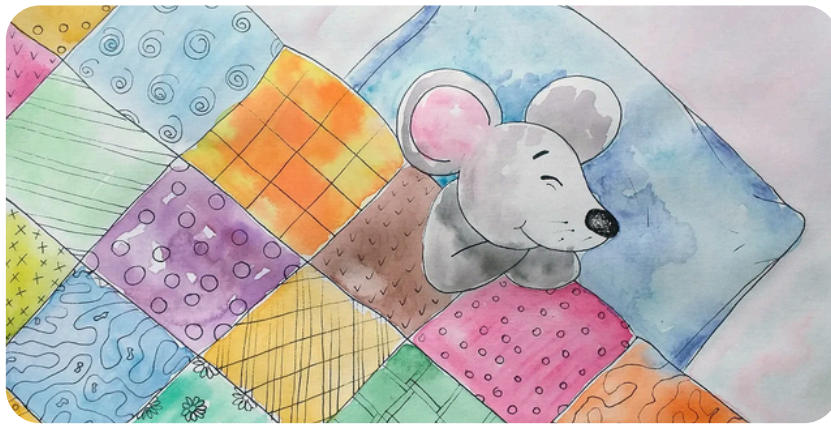
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Virtual Wellness

Qi Gong for Rest & Sleep



4th Thursday of the Month

7:00pm-8:00pm, on Zoom

Join us for a fun and easeful session. Qi Gong is a mind, body, spirit practice that improves mental and physical health and refreshes our vital life force.

Sessions will focus on winding down, releasing stress and getting both the body and mind ready for sleep.

Facilitated by Andrea

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wellness@hopehousehospice.com
or 905-727-6815 x 227

Family Cancer Support

Navigating Cancer with Cubs



Tailored Sessions

by appointment, in person

Navigating Cancer with Cubs is an informative session designed for parents facing a cancer diagnosis within the family. This session with our HUUG Counsellor and Wellness Coordinator creates the space to share experiences, gain insight and learn practical tools to support a sense of wellbeing for both you and your kids as you journey through this experience together.

Provided by Nicki & Julia

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wellness@hopehousehospice.com
or 905-727-6815 x 227

Post-Cancer Support Group

Picking Up The Pieces



Tuesday Mornings

10:00am-12:00pm, on Zoom

How do you move forward with your life after you have been affected by cancer? This practical program offers an opportunity to come together, share feelings and provides practical tools and resources to move forward post-cancer treatment.

Facilitated by Vicki Cousins

Registration Required



Community
Hospice

To register or for information, contact Amanda
a.singh@hopehousehospice.com
or 905-727-6815 x 230

Post-Cancer Support Group

Picking Up The Pieces



Offered Spring & Fall

How do you move forward with your life after you have been affected by cancer? This practical program offers an opportunity to come together, share feelings and provides practical tools and resources to move forward post-cancer treatment.

Facilitated by Vicki Cousins

Registration Required



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Adult Bereavement Group

Transitions

8-Week Group



8-Week Group

by registration, in person

This 8-week closed group offers guided sessions to explore, process and reflect on experiences along your grief journey.

Facilitated by Lilly and Maria

Registration Required

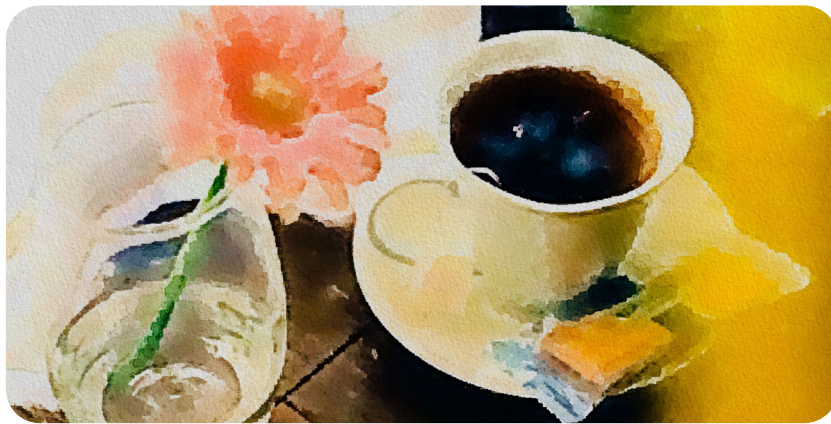


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m.carbajal@hopehousehospice.com
or 905-727-6815 x 226

Adult Bereavement Group

Bereavement Bistro



2nd and 4th Friday of the Month

10:00am-11:00am, in person & on Zoom

A facilitated peer support group for those who have experienced the death of a loved one. An opportunity for connection, conversation and ongoing support through your grief journey.

Facilitated by Hope House Volunteers

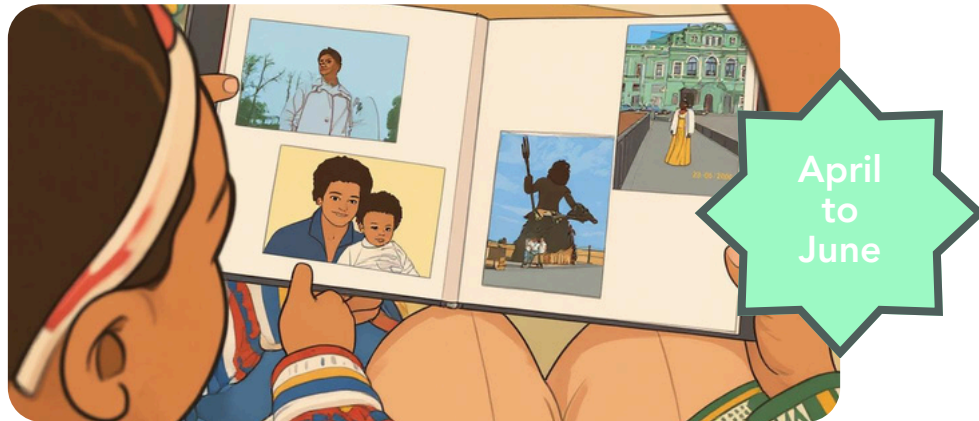


Community
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m.carbajal@hopehousehospice.com
or 905-727-6815 x 226

Adult Bereavement Group

Missing Milestone Memories



1st Thursday of the Month

6:00pm - 7:00pm, in person & on Zoom

A drop-in peer support group intended for clients under the age of 50 who are experiencing the death of a parent. This group offers an opportunity for support, connection, and conversation.

Facilitated by Maria & Lilly



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m.carbajal@hopehousehospice.com
or 905-727-6815 x 226

Adult Bereavement Group

Families Finding Their Way



4th Friday of the Month

12:30pm - 1:30pm, on Zoom

A drop-in peer support group intended for parents with children under 18 who are experiencing the death of a spouse or partner. This group provides a supportive space for conversation and connection.

Facilitated by Maria & A Hope House Volunteer



Community
Hospice

To register or for information, contact Maria
m.carbajal@hopehousehospice.com
or 905-727-6815 x 226

Support for Children & Youth

HUUG Program



Year-Round Visits & Events

by appointment, in person

Our *Help Us Understand Grief (HUUG)* program is available to children and youth of families navigating serious illness, end of life or grief. Both counselling and group activities are available and support is tailored to individual needs.

Provided by Julia



Community
Hospice

To register or for information, contact Julia
j.zinn@hopehousehospice.com
or 905-727-6815 x 228

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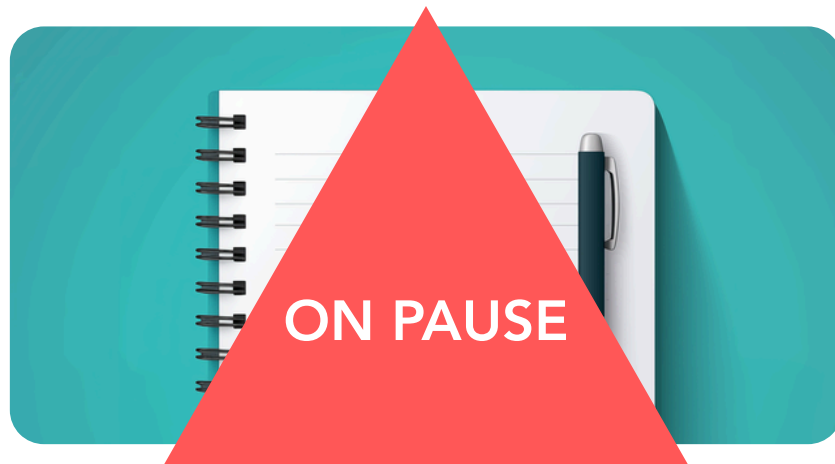


Community
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j.zinn@hopehousehospice.com
or 905-727-6815 x 228

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are not finalized**

Seasonal Wellness
**Resilient
Writers**



Monday January 26th 2026
2:00pm-3:30pm, on Zoom

This program focuses on giving a voice to the parts of yourself that may feel lost as a result of a significant change, transition or loss. We will explore and create a practice of self-inquiry and reflection through writing, creating a space for deep listening and connection to your own thoughts and emotions.

Facilitated by Nicki & Lilly



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wellness@hopehousehospice.com
or 905-727-6815 x 227

LTI & Caregiver Support Group

The Hope House Hub



3rd Friday of the Month

10:30am-12:30pm, in person

Join us at our monthly Hope House Hub to connect with others diagnosed with a life-threatening illness and their caregivers. Gather for pleasant conversation, information sessions, expressive arts, complementary therapies and a variety of activities in a supportive, friendly environment.

Facilitated by Amanda

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To register or for information, contact Amanda
a.singh@hopehousehospice.com
or 905-727-6815 x 230

Grief Literacy Series

The Missing Piece



TBD

TBD, in person

The Missing Piece is a short documentary film created by and with adolescents to shed light on adolescent grief and underscore the importance of community and support in healing. Join Julia to watch this film, reflect and discuss strategies for supporting grieving youth.

Hosted by Julia

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To register or for information, contact Julia
j.zinn@hopehousehospice.com
or 905-727-6815 x 228

Grief and Bereavement Event

Memorial Picnic



TBD

TBD, in person

TBD



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j.zinn@hopehousehospice.com
or 905-727-6815 x 228

HUUG Teen Event Series

HUUG Teen Bowling



Friday January 30th 2026

2:00pm-3:30pm, @ Splitsville Richmond Hill

Teen HUUG Clients are invited to join Julia and Hope House Volunteers at Splitsville Richmond Hill for an afternoon of bowling, community and snacks!

Hosted by Julia & Hope House Volunteers

Registration Required; Spots Limited



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To register or for information, contact Julia
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What is Palliative Care?

Palliative Care refers to

Counselling vs Therapy



**Have you
done
something
kind for
yourself
today?**



Take A Mindful

Breathe – take 5 deep breaths.

Rest – close your eyes & clear your mind.

Empower – say 3 nice things to yourself.

Absorb – check in with your senses.

Knowledge – pause to think, then act.

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Registration Required; Spots Limited



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Help Us Understand Grief Program

HUUG Camp 2026!



July 13th-17th AND July 20th-24th

9:30am - 3:30pm, Monday to Friday

Children aged 7-12 are invited to come together in a supportive environment to explore grief through meaningful activities, express themselves through crafts and play, and remember their special person in thoughtful ways.

Facilitated by Julia & Hope House Volunteers

**No Cost – Registration Required
Spots Limited (campers can only attend one week)**



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