

NEW: 8-week bereavement group

TRANSITIONS

transitioning together
with grief



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

TRANSITIONS is geared towards those who are new to group grief support.

Wednesdays @ 1-3pm
Jan 14 to Mar 4, 2026 at Hope House

Note: Registration is required as this is not a drop-in group

To register or for information, contact Maria:
m.carbajal@hopehousehospice.com
or 905-727-6815 x226

If you are **NEW** to Hope House, contact Intake:
programs@hopehousehospice.com
or 905-727-6815 x223

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

Donations are always appreciated.

Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and caregivers and those who are bereaved.