



wellness...virtually...



A 5-month journey led by Cheryl Crosby exploring themes and guided practices that will act as touchstones for creating a greater sense of mindfulness in your life. We will meet once a month on a Sunday evening for a themed talk, group practice and discussion, as well as a printable reflection summary resource.

Sundays 7:00-8:00pm
Jan 23, Feb 13, Mar 20, Apr 24 & May 15, 2022

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

To register or for information contact Nicki:
wellness@hopehousehospice.com or 289-221-2055

If you are new to Hope House, contact Georgina:
programs@hopehousehospice.com or 289-221-1355



During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more. Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3
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