

**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.

Option of daytime group or evening group

**Daytime:** Wednesdays @ 1-3pm | Sep 24-Nov 12, 2025  
OR

**Evening:** Thursdays @ 6-8pm | Oct 2-Nov 20, 2025

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

To register or for information, contact Lilly:  
l.singh@hopehousehospice.com  
or 905-727-6815 x226

If you are **NEW** to Hope House, contact Stephanie:  
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.