



PROGRAMS & SERVICES

PROFESSIONAL TEAM & TRAINED VOLUNTEER SUPPORT

- intake & assessment, system navigation, community resources & referral
- psychosocial support, bereavement companionship by professionally trained volunteers

IN-HOME HOSPICE VOLUNTEER VISITING professionally trained volunteers provide companionship & caregiver relief to those in the final stages of a life-threatening illness and their caregivers

HOPE HUB an opportunity to connect, relax, learn & share • MONTHLY **in person at Hope House Aurora**. Refreshments served.

WELLNESS GROUPS

Wellbeing is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. Hope House Wellness programs create the space to attend to your own state of well-being while navigating illness and grief.

YOGA Weekly Monday mornings **via Zoom** • Weekly Tuesday afternoons **at Hope House Aurora**

JOY in MOVEMENT • Weekly Wednesday mornings **via Zoom**

ART CARE • Monthly Thursday mornings **at Hope House Richmond Hill**

ZEN with GWEN • Monthly Monday evenings **via Zoom**

PICKING UP THE PIECES 9-week post-cancer support group with Vicki Cousins • Offered Spring & Fall **via Zoom**

QIGONG FOR REST & SLEEP • Monthly on Thursday evenings **via Zoom**

CREATING A CONTEMPLATIVE PRACTICE: Coming Alive in the Face of Death • Monthly Wednesday afternoons **at Hope House Richmond Hill**

ALSO...Yoga & Ayurveda, Meditation for beginners, Aromatherapy ...and more...

Flyers & details: www.hopehousehospice.com/wellness-programs

BEREAVEMENT GROUPS

Weekly Drop-in: BEREAVEMENT BISTRO • Friday mornings **hybrid (in person at Hope House Aurora and via Zoom)**

8-week Group: TRANSITIONS: transitioning together with grief • Wednesday afternoons **at Hope House Aurora**

4-week Group: A PLACE TO REMEMBER: child (any age) loss bereavement • Wednesday **at Hope House Aurora**

Children & Youth Grief & Bereavement: HUUG (Help Us Understand Grief) Program aims to normalize feelings, thoughts and experiences related to illness, dying, death and grief using play, conversation, activities and group support.

TO REGISTER/FOR INFORMATION: programs@hopehousehospice.com or 905-727-6815 x223



Programs offered at no cost. **DONATIONS ARE VERY MUCH APPRECIATED.**
www.hopehousehospice.com/donate

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7
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905-727-6815 www.hopehousehospice.com

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