



PROGRAMS

for those navigating cancer

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 wellbeing while navigating a cancer journey.

- **Permission to Pause Gentle Yoga** with Laura • Mondays @ 10-11am **via Zoom**
- **Tranquil Moments Yoga** with Linda • Tuesdays @ 2:30-3:30pm **in person Hope House Aurora**
- **Qigong** with Andrea • Wednesdays @ 9:30-10:30 am **via Zoom**
- **Qigong for Rest & Sleep** with Andrea • Monthly on Thursdays @ 7:30-8:30pm **via Zoom**
- **Resilient Writers** with Nicki & Lilly • Monthly on Tuesdays Apr 9, May 14 & June 11 @ 2:30-4:30pm **in person at Hope House Richmond Hill**
- **Spirit & Soul** Circle for women diagnosed with cancer with Vicki Cousins • Thursdays Apr 11, May 9, June 6, 2024 @ 10-11am **via Zoom**
- **Wellness Wednesdays** Apr 24: **Planting Hope in person** at Hope House Aurora
- **Picking Up the Pieces** 9-week post-cancer support group with Vicki Cousins • April 16 to June 11, 2024 **via Zoom**

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

Also available from Hope House: in-home visiting volunteers, grief & bereavement support & more

TO REGISTER OR FOR MORE INFORMATION: contact our Intake Coordinator:
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