

MONTHLY Wellness Group

RESILIENT WRITERS



Being a resilient writer means giving a voice to the parts of yourself that may feel lost as a result of experiencing a bereavement, a serious illness or when adjusting to a change in caregiving roles.

We will explore and create a practice of self-inquiry & reflection through the use of writing prompts, creating a space for deep listening and connection to your own thoughts and emotions.

4th Monday of the Month

@ 3:00-4:30pm

Via Zoom

Jan 27, Feb, 24, Mar 24, Apr 28, May 26, Jun 23, 2025

Facilitated by:

Nicki, Coordinator of Wellness Programs

Lilly, Coordinator of Bereavement Programs

To register or for information, contact Nicki:
wellness@hopehousehospice.com
or 905-727-6815 x227

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.

Main Office: 350 Industrial Pkwy South, Aurora L4G 3V7

Second Location: 212-10909 Yonge Street, Richmond Hill L4C 3E3

905-727-6815 www.hopehousehospice.com

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