## MONTHLY Wellness Group

## RESILIENT WRITERS



4<sup>th</sup> Monday of the Month @ 3:00-4:30pm

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

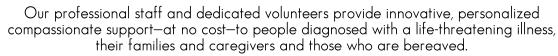
Facilitated by: Nicki, Coordinator of Wellness Programs Lilly, Coordinator of Bereavement Programs

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.



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905-727-6815 www.hopehousehospice.com 2024-12-18

