


Wellness—Virtually SEASONAL CENTERING



Although the Holidays are often a time filled with joy and festivities, we at Hope House know that this season can also feel difficult and stressful for those caregiving for a loved one, navigating grief and loss, or contending with an illness or health challenges.

Join Cheryl Crosby for an inspired session focused on creating a soft place to land within ourselves through the sharing of mindfulness techniques, practices and self-care tools to support a sense of centered wellbeing, peace and ease throughout this holiday season.

Sunday December 10, 2023 @ 7 – 8:00pm via Zoom

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

If you are new to Hope House, contact:
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

2023-11-15