

# MONTHLY Drop-in Group

# CRAFTING WELLBEING



2<sup>nd</sup> Friday of the Month  
@ 2-3:30pm  
15105 Yonge Street Unit 105

Looking for a chance to connect, unwind, and have a little fun? Join us each month for a delightful gathering of creativity, coffee (or tea), and conversation.

Come enjoy the simple pleasures of cutting, gluing, and creating as we craft our way to better wellbeing.

Crafting can spark joy, ease stress, and help you find that blissful "feel-good flow"—a meditative-like state for both mind and body, with a generous dose of glitter and laughter along the way!

Facilitated by:  
Nicki, Coordinator of Wellness Programs  
Julia, HUUG Program Coordinator

To register or for information, contact Nicki:  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x227

If you are new to Hope House, contact intake  
[programs@hopehousehospice.com](mailto:programs@hopehousehospice.com)  
or 905-727-6815 x223

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**Donations are always appreciated.**