

We provide highly-personalized support, at no cost, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved. Our professional staff and network of dedicated volunteers provide innovative programs and seamless access to timely information.

IN-HOME VISITING

Professionally trained and supported volunteers offer non-medical, in-home support to those in the later stages of illness, including caregiver relief, telephone support, practical assistance and companionship.

DAY HOSPICE PROGRAM

A supportive & friendly day out for those diagnosed with progressive life-threatening illness. Features wellness programs, guest speakers, activities and more. Lunch is provided. Offered on Thursdays in Richmond Hill only.

CAREGIVER & BEREAVEMENT SUPPORT

Sharing the Care & Caregiver Support wrap-around support including temporary practical assistance

Grief & Bereavement Counselling & Support provided to individuals (children, teens and adults) & families

Comfort Café & Bereavement Bistro –Weekly drop-in groups for those coping with the death of a loved one.

Wings Bereavement group for grieving children aged 6-12 years and for grieving teens aged 13-17 years. A chance to participate in a variety of activities designed to support grief journeys. A concurrent session is offered to parents/guardians.

Grief Busters Summer Camp—A five-day camp for children aged 7 - 12 who have had a family member die or who is terminally ill.

Bereavement Education Presentations & Services for schools, community support agencies and businesses.

WELLNESS PROGRAMS

Tranquil Moments Yoga A gentle approach to yoga encouraging awareness and well-being.

Serenity Stroll-Healing in Nature An opportunity for quiet meditation in nature.

Picking Up the Pieces Specialized support for those moving forward with their life after cancer treatment

Meditation Offerings such as Movement & Meditation, Mindfulness 101 (MBSR), Qigong

Staying Strong Living Well Offered in King City—Exploration of various wellness modalities

Individual Modalities Reflexology, Reiki, Thai Yoga Massage, Attunement, etc.

Other Group Offerings such as Wellness Wednesday, Art Therapy, Healthy Living Now, Aromatherapy & more

For updates & program times, check out the calendar on our website:

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