

Wellness ... Virtually Picking Up The Pieces

How do you move forward with your life after being affected by cancer?



We've adapted our popular wellness program to a 9-week live online format. Join others for an opportunity to come together and share feelings, hopes and fears and receive practical tools and resources to move forward post cancer treatment.

Facilitated by Vicki Cousins

Tuesdays @ 10am-12:00 noon
Oct 17 - Dec 12, 2023 *via Zoom*
REGISTRATION IS LIMITED

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

If you are new to Hope House, contact Georgina:
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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