



# PROGRAMS & SERVICES

## PROFESSIONAL TEAM & TRAINED VOLUNTEER SUPPORT

- intake & assessment, system navigation, community resources & referral
- psychosocial support, bereavement companionship by professionally trained volunteers

**IN-HOME HOSPICE VOLUNTEER VISITING** professionally trained volunteers provide companionship & caregiver relief to palliative clients and their caregivers

**HOPE HOUSE HUB** an opportunity to connect, relax, learn & share • resuming Spring 2024 **in person at Hope House Aurora**. Refreshments served.

## WELLNESS GROUPS

*Wellbeing is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences. Hope House Wellness programs create the space to attend to your own state of well-being while navigating illness and grief.*

### YOGA

**Permission to Pause** Gentle Yoga with Laura • Mondays @ 10-11am **via Zoom**

**Tranquil Moments** with Linda • Tuesdays @ 2:30-3:30 pm **in person at Hope House Aurora**

**Qigong** with Andrea • Wednesdays @ 9:30-10:30 am **via Zoom**

**Qigong for Rest & Sleep** with Andrea • Monthly on Thursdays @ 7:30-8:30pm **via Zoom**

**Spirit & Soul** Circle for women diagnosed with cancer with Vicki Cousins • Monthly on Apr 11, May 9 & June 6 2024 @ 10-11am **via Zoom**

**Resilient Writers** 2nd Tuesday of the month Apr 9, May 14 & Jun 11, 2024 **in person at Hope House Richmond Hill**

**Wellness Wednesdays** April 24 @ 1-2:30pm: **Planting Hope** **in person** at Hope House Aurora

**Picking Up the Pieces** 9-week post-cancer support group with Vicki Cousins • Apr 16-June 11, 2024 **via Zoom**

Flyers & details: [www.hopehousehospice.com/wellness-programs](http://www.hopehousehospice.com/wellness-programs)

## BEREAVEMENT GROUPS

### ADULT BEREAVEMENT

**Drop-in Group: Bereavement Bistro** Fridays 10-11:30am **via Zoom**

**8-week Group: Transitions:** transitioning together with grief Thursdays 2:30-4:30pm **in person at Hope House Aurora**

Coming soon—bereavement group support for teens & children

TO REGISTER/FOR INFORMATION: [programs@hopehousehospice.com](mailto:programs@hopehousehospice.com) or 905-727-6815 x223



Programs offered at no cost. **DONATIONS ARE VERY MUCH APPRECIATED.**  
[www.hopehousehospice.com/donate](http://www.hopehousehospice.com/donate)

**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](http://www.hopehousehospice.com)

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