

Monthly Wellness

Crafting Wellbeing



2nd Friday of the Month
2:00pm - 3:30pm, in person

Crafting can spark joy, ease stress, and help you find that blissful 'feel-good flow' – a meditative-like state for both mind and body. Come enjoy the simple pleasures of cutting, gluing and creating as we craft our way to better wellbeing.

Facilitated by Nicki & Julia

To register or for information, contact Nicki:
wellness@hopehousehospice.com
or 905-727-6815 x 227

New to Hope House? Contact intake:
programs@hopehousehospice.com
or 905-727-6815 x 223

All programs and 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.

hope
house

Community
Hospice

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