

Expressive Arts Series

# Making Meaning



**3<sup>rd</sup> Friday of the Month**

10:30am - 12:30pm, in person

This program focuses on creating a person legacy and exploring what makes for a meaningful life. Through the use of expressive arts modalities, this session offers opportunities for sharing stories, reflection and connection with others. Explore what a life well-lived looks like for you!

Facilitated by Elena, Art Therapist

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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