

ART CARE

WELLNESS JOURNEY



A new theme will be explored each month through the use of a variety of art mediums, writing prompts and discussion. **ART CARE** focuses on inspiring, discovering and fostering a sense of connection to self while acquiring creative coping skills for navigating challenging times.

Facilitated by Suzanne Borduas, RSW, ATR-BC, CATA

3rd Thursday of the Month
@ 10:30–noon

at Hope House Richmond Hill

Jan 16, Feb 20, Mar 20, Apr 17, May 15, Jun 19, 2025

Registration Required

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

If you are **new to Hope House**, contact :
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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