



wellness...virtually...

Off The Mat

Guided Meditation

To register contact Nicki:
wellness@hopehousehospice.com
or 289-221-2055

If you are new to Hope House,
contact Georgina:
programs@hopehousehospice.com
or 289-221-1355

Wednesdays 2-3:00pm

Gwendolyn's sessions will create a sense of calm & renewal through the use of a guided meditation practice that will accompany you off your mat and into the rest of your day!

Open to those diagnosed with a life-threatening illness, family caregivers & the bereaved.

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more. Our physical officers are closed & face-to-face group programming has been suspended, however we continue to be here for you!