



Exceptional care
& compassionate support
during illness or loss

Updated 2021-07 12

ARE YOU NEW TO HOPE HOUSE?

Referrals are being accepted and we continue to provide virtual care* to those diagnosed with a life-threatening illness, family caregivers & those who are bereaved. For more information please contact Georgina at g.mercouris@hopehousehospice.com or 289-221-1355

PROFESSIONAL TEAM & TRAINED VOLUNTEERS

- intake & assessment, system navigation, community resources & referral
- psychosocial support & 1:1 supportive counselling & group support
- telephone wellness checks & phone visits
- wellness groups & initiatives & 1:1 virtual complementary therapies
- additional needs-based support (ie. assistance with access to food, medication & supplies)

WELLNESS GROUPS via Zoom

PERMISSION TO PAUSE—Yoga Nidra with Adina Mondays

OFF THE MAT MEDITATION PRACTICE with Gwendolyn Wednesdays

QIGONG with Andrea Fridays

WELLNESS WEDNESDAYS Monthly

PICKING UP THE PIECES post cancer support Tuesdays Oct 12 - Dec 7, 2021 10am-12pm

WEEKLY WELLNESS CONNECTION a weekly email
with contributions from our wellness facilitators
To register: wellness@hopehousehospice.com

BEREAVEMENT GROUPS via Zoom

Bi-weekly drop-in support groups for men & women who are experiencing the death of a loved one:

COMFORT CAFE Tuesdays & **BEREAVEMENT BISTRO** Fridays

LOSS DURING COVID

SUDDEN LOSS

MISSING PIECE bereavement support group for youth & young adults

PROGRAM CALENDAR:
www.hopehousehospice.com/calendar



Staff are currently working off-site and are available via telephone, text, email & video conferencing during their regular work hours. Contact information for staff can be found on our website: www.hopehousehospice.com/our-team

*virtual care includes phone calls, video conferencing, secure messaging & email



Our physical offices are closed & face-to-face group programming has been suspended, however we continue to be here for you!

All programs & services are offered at no cost. Donations are always appreciated.

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 admin@hopehousehospice.com

HOPE HOUSE COMMUNITY HOSPICE: Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family caregivers and those who are bereaved.