



*wellness...virtually...*

# Wellness Break

*breathe*

*be*

*allow*

*stretch*

*notice*

*acknowledge*

*let go*

*focus*

*feel*

*relax*



*join us for 30 minutes of mindfulness*

**Tuesdays @ 10:00am via Zoom**

To register contact Nicki: [wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com) or 289-221-2055

If you are new to Hope House, please contact Georgina: [g.mercouris@hopehousehospice.com](mailto:g.mercouris@hopehousehospice.com) or 289-221-1355

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

During COVID-19, we are pleased to offer a variety of virtual wellness and bereavement support groups, counselling, system navigation & more.

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



Providing highly-personalized support, at **no cost**, to those diagnosed with a life-threatening illness, family 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](http://www.hopehousehospice.com)

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