



*support...virtually...*

How do you move forward with your life after being affected by cancer?

## *Picking Up The Pieces*

*Facilitated by Vicki Cousins*

We've adapted our popular wellness program to a 9-week live online format. Join others for an opportunity to come together and share feelings, hopes & fears and receive practical tools and resources to move forward post cancer treatment.

Runs spring & fall

To register contact Stephanie at [s.walling@hopehousehospice.com](mailto:s.walling@hopehousehospice.com) or 905-727-6815 x223