

# 12 DAYS OF HOPE

12 very special days of celebrating, reflecting, creating, relaxing, expressing & more.  
Hosted by Hope House Staff Open to ALL!

# Wellness Programs

## Hope for the Holidays with Vicki Cousins

When navigating loss & grief (of a loved one, our health, a beloved pet, a job, relationships etc) the holidays can overwhelm us. Join Vicki Cousins for a very special Hope for The Holidays virtual gathering to reflect and discover the peace, hope and light that shines within us and all around us.

### DAY one

Mon Dec 2  
@ 7-8pm  
via ZOOM

## Seasonal Scents- Aromatherapy with Nicki

Join us for a fun and fragrant aromatherapy session exploring festive and refreshing essential oils and aromtherapy practices that will calm the mind, relax the body and uplift the spirit during the holiday season!

### DAY two

Tue Dec 3  
@ 11am-12noon  
Hope House  
Richmond Hill

## Fun & Festive EFT Tapping with Gwendolyn

The holiday season can be a time of joy, but it often can also bring up emotional challenges. Whatever the reason, this time of year can leave us feeling drained and out of balance. In this session you will learn the basics of tapping and experience different options for how to practice and integrate it into your day to feel more grounded and centered through the holiday season.

### DAY six

Mon Dec 9  
@ 7-8pm  
via ZOOM

## Magic of the Season Art Care session with Suzanne

Join us for a very special Art Care session focused on cultivating a sense of refreshed creativity through the use of various art mediums to ignite a sense of wonder and magic for the holiday season!

### DAY nine

Thu Dec 12  
@ 10:30am-noon  
Hope House  
Richmond Hill

## Candle Light Seasonal Yoga with Linda

Add some ahhhh to your afternoon and join us to enjoy a gentle candle lit yoga session that will offer a chance to pause and center both body and mind during the busy holiday season.

### DAY twelve

Tue Dec 17  
@ 2:30-3:30pm  
Hope House Aurora

  
**HopeHouse**  
COMMUNITY HOSPICE  
[www.hopehousehospice.com](http://www.hopehousehospice.com)

For more information & to check out the full calendar visit  
[www.hopehousehospice.com/12days](http://www.hopehousehospice.com/12days)

Book your spot:

email: [n.auclair@hopehousehospice.com](mailto:n.auclair@hopehousehospice.com)  
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