

# Wellness ... Virtually PICKING UP THE PIECES

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



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 and fears and receive practical tools and resources to move forward post cancer treatment.

*Facilitated by Vicki Cousins*

Tuesdays @ 10am-12:00 noon  
April 8 to June 3, 2025 *via Zoom*  
REGISTRATION IS LIMITED

To register or for information, contact Maria  
[wellness@hopehousehospice.com](mailto:wellness@hopehousehospice.com)  
or 905-727-6815 x230

If you are new to Hope House, contact Intake:  
[programs@hopehousehospice.com](mailto:programs@hopehousehospice.com)  
or 905-727-6815 x223

All programs & services at Hope House are offered at no charge.

**Donations are always appreciated.**

Our professional staff and dedicated volunteers provide innovative, personalized compassionate support—at no cost—to people diagnosed with a life-threatening illness, their families and 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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