

12 DAYS OF HOPE Program Details

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

Mon Dec 2
@ 7-8pm
via ZOOM

DAY one 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.

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

DAY two Seasonal Scents- Aromatherapy with Nicki

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

Wed Dec 4
@ 6:30-8pm
Hope House
Aurora

DAY three Cultural Night with Hope House Volunteers

Our fabulous volunteer team comes from a variety of cultural backgrounds. Join us as we explore and celebrate different cultures and holiday celebrations through food, music, history, art and information to promote diversity and inclusion. Everyone is welcome to attend! !

Thu Dec 5
@ 7-8pm
Hope House
Aurora

DAY four Local Author Reading & Book Swap

Join local author and poet, Peter Taylor for a reading of select poems from his newly published book "Cities Within Us". Poetry provides many people with a way to reflect and make sense of the world around us, evoking thought-provoking ideas and experiences for the listener. All are invited to take part in our Holiday Book Swap - take a book or two home to delight in over the holidays. All books donated by HHCH supporters.

Fri Dec 6
@ 2-4pm
Hope House
Aurora

DAY five Card & Ornament Making

Celebrate the season with a fun and cozy holiday card and ornament-making workshop! Create heartwarming designs featuring cheerful toques and mittens—perfect for spreading holiday cheer to your loved ones. All supplies are provided, and the designs are beginner-friendly, so everyone can join in on the festive fun. Refreshments will be served. Please register in advance

Mon Dec 9
@ 7-8pm
via ZOOM

DAY six 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.

Tue Dec 10
@ 4-5:30pm
Hope House
Aurora

DAY seven Merry Music Making

It's time to come together and make some music! Join us in gathering around the piano for a good old fashioned sing-along. All are welcome - those that sing on stage and those that sing in the shower. If you play an instrument, please bring it along with your favourite songs.

Wed Dec 11
@ 2:30-4:30pm
Hope House
Aurora

DAY eight Healing for the Holidays - an afternoon to remember

The holidays can be a difficult time for those coping with grief and loss. Join other members of the Hope House community for an afternoon of poetry, music, and candle lighting to honour the memory of our loved ones.

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

DAY nine 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!

Fri Dec 13
@ 4:30-6:00pm
Hope House
Aurora

DAY ten Gingerbread Decorating Family Night

Gather the whole family for a festive and fun holiday event! Join the Hope House Team to decorate your very own gingerbread character—a sweet treat to enjoy and cherish. All supplies are provided, though we may not be able to accommodate all dietary needs. Enjoy refreshing snacks while you create your gingerbread masterpiece! Registration is required.

Mon Dec 16
@ 1:30-3:30pm
Hope House
Aurora

DAY eleven Holiday Touchstone Bracelet making

Join us for a meaningful and creative holiday experience as we craft touchstone bracelets. This event encourages self-compassion and reflection, helping you set intentions for the season ahead. Create a beautiful keepsake that will serve as a reminder of your personal reflections and self-care. Refreshments will be provided. Registration is required.

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

DAY twelve Candle Light Seasonal Yoga with Linda

Add some ahhh 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.