



Hopewell Adult Day Program

Supporting Mental Health and Wellness

Serving individuals 55+ living with a diagnosis of depression, generalized anxiety or bipolar disorder, and older adults who are frail.

155 Deerhide Cres, North York | 8:00 a.m.-3:00 p.m.
Monday, Wednesday (mental health) | Tuesday, Thursday, Friday (frailty)

- Psychological, physical, and cultural activities
- Art, music, and life skills programming
- Support, case management, and education
- Medication assistance
- Access to Foot Care Clinic and Rehabilitation Program
- Health promotion and disease prevention through daily seated exercise
- Nutritious meals and snacks provided
- On-site therapeutic sensory room

hopewell
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[Lumacare.ca/hopewell-adult-day-program](https://lumacare.ca/hopewell-adult-day-program)

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