



Burnaby **Hospice** Society

OCTOBER GROUPS AT A GLANCE:

INITIAL REGISTRATION IS REQUIRED:

Please call the Bereavement Coordinator at 604.520.5024 or email at counselling@burnabyhospice.org for dates of current and upcoming groups.

HEALING JOURNEYS:

Walking Groups for the Bereaved
Every Monday & Saturday (10am)
at Burnaby Mountain Golf Course

Every Wednesday (10am) at Deer Lake Park.

Fitness for the Soul: Workshop & Healing Relaxation Group

This twice a month group (first & third Thursday of month) is for Burnaby caregivers, individuals with life limiting illness, the bereaved and BHS volunteers. A mini workshop will be offered at each group such as: self-care, stress management, self-esteem, mindfulness meditation, goal setting and collage art. The group will end with a relaxation exercise.

Next 2 groups are Thursday October 5 & October 19, 2017 (Wellness Series from 10am-12pm)

HEALING CONNECTIONS

This **once a month (First Monday of month)** informal support circle is for adults who are looking a less formal grief support group with people like themselves who must continue to make the many difficult adjustments to life following the loss a loved one.

Monday, October 2, 2017 (6pm-7:30pm)

SURVIVING THE LOSS OF A LOVE

This **once a month (first Friday of month)** informal support circle is for adults who are looking for a less formal grief support group following the loss a spouse or life partner.

Next group is on Friday, October 6, 2017 (1pm-2:30pm)

30 ANNIVERSARY
YEARS

No one in Burnaby needs to go through the end-of-life journey alone.

www.burnabyhospice.org