



Burnaby **Hospice** Society

SEPTEMBER 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 September 7 (Goal Setting) & September 21 (Collage Art) 10am-12pm

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, September 1, 2017
(1pm-2:30pm)**

30 ANNIVERSARY
YEARS