



Burnaby **Hospice** Society

## **JANUARY 2018: GROUPS AT A GLANCE**

### **BEREAVEMENT JOURNEY 101**

Join us on **Mondays** for this **six-week group**, learning what normal grief looks like. At the end of the group you will not only have an understanding of your bereavement, but also knowledge and skills in working with the challenges inherent in grieving (e.g. overwhelming emotions).

**Next six-week group starts on  
Monday, January 8 – February 19,  
2018 (1pm-2:30pm)**

### **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 monthly group (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 Fitness for Soul Workshop (Self-Care) starts  
Thursday, January 18, 2018 (10am-12pm)**

### **HEALING CONNECTIONS**

This **once a month (First Tuesday 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.

**Next group starts on  
Tuesday, January 2, 2018 (7pm-8:30pm)**

### **INITIAL REGISTRATION IS REQUIRED.**

Please call the Bereavement Coordinator at 604.520.5024 or email at [counselling@burnabyhospice.org](mailto:counselling@burnabyhospice.org) for dates of current and upcoming groups.

