



Burnaby **Hospice** Society

MARCH 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, March 6 - April 10, 2017 (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 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 on Self-Esteem and start on Thursday, March 2 & 16, 2017 (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.

Next group starts on Monday, March 6, 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 starts on Friday, March 3, 2017 (1pm-2:30pm)

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.

30 ANNIVERSARY
YEARS

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

www.burnabyhospice.org