



Burnaby **Hospice** Society

## **MAY 2018 GROUPS AT A GLANCE** **GROUP ENROLLMENT REQUIREMENTS**

Registration is mandatory for all groups. A minimum of three months waiting period, after the loss of a loved one, is required for all groups. Please call the Bereavement Coordinator at 604.520.5024 or Email: [counselling@burnabyhospice.org](mailto:counselling@burnabyhospice.org) to inquire about groups.

**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 is offered at each group: 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 (Goal Setting) starts**  
**Thursday, May 17, 2018 (10am-12pm)**

### **HEALING CONNECTIONS**

This **once a month (First Tuesday of month)** informal support circle is for adults who are looking for 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, May 1, 2018 (7pm-8:30pm)**

**30** ANNIVERSARY  
**YEARS**