

JUNE 2018 GROUPS AT A GLANCE

HEALING JOURNEYS

Walking Groups for the Bereaved

Every Monday & Saturday (10am) at
Burnaby Mountain Golf Course

Every Wednesday (10am) at Deer
Lake Park.

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, June 5, 2018 (7pm-8:30pm)**

GROUP ENROLLEMENT REQUIREMENTS

Registration is mandatory for all groups. A minimum three months waiting period, after the loss of a loved one, is required for all groups. **A doctor's note is required for all walking groups to ensure physical ability to participate.**

Please call the Bereavement Coordinator at 604.520.5024 or email at counselling@burnabyhospice.org to inquire about groups.