



OCTOBER 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. **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: 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 offered at each group: self-care, stress management, self-esteem, mindfulness meditation, goal setting and collage art, and ends with relaxation.

Next Fitness for Soul Workshop (Social & Environmental Wellness) starts Thursday, October 18, 2018 (10am-12pm)

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 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, October 2, 2018 (7pm-8:30pm)