



## **DECEMBER 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](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 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 (Spiritual Wellness) starts  
Thursday, December 20, 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, December 4, 2018 (7pm-  
8:30pm)**