



JANUARY 2019 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 (Self-Care) starts
Thursday, January 17, 2019
(10am-12pm)

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.

Next six-week group starts on Monday, Jan 7 to Feb 11, 2019 (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