



Burnaby **Hospice** Society

## **FEBRUARY 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](mailto:counselling@burnabyhospice.org) to inquire about group details. All groups are held at our 4535 Kingsway office.

### **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, February 5, 2019 (7pm-  
8:30pm)**