



## **MARCH 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.

### **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, March 4 – April 8, 2019 (1pm-2:30pm)**

### **FITNESS FOR THE SOUL: WOKSHOP & 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-Esteem) starts Thursday, March 21, 2019 (10am-12pm)**

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

### **HEALING JOURNEYS**

#### **Walking Groups for the Bereaved**

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

**Every Wednesday (10am)** at Deer Lake Park.