



Burnaby **Hospice** Society

MAY 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 group details. All groups are held at our 4535 Kingsway office.

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, May 7, 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.

FITNESS FOR THE SOUL: WORKSHOP & 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 (Goal Setting)
starts Thursday, May 16, 2019
(10am-12pm)**