



Care & Share Walk - Ottawa East

Last Saturday of the month
starting August 27, 2022
Time: 10:00 a.m. - 12:00 p.m.

Care & Share Walk - Ottawa West

Second Saturday of the month
starting July 9, 2022
Time: 10:00 a.m. - 12:00 p.m.

Under the guidance of trained volunteers, participants are invited to walk with others who are also grieving. Following the walk, people share refreshments and can talk in a welcoming, confidential and non-judgemental environment.

These walks are open to the public. Participants must register in advance by contacting Helen at 613-591-6002 ext. 243 or helen.harrington@hospicecareottawa.ca.