



### **Care & Share Walk - Ottawa East**

Last Saturday of the month

Time: 10:00 a.m. - 12:00 p.m.

### **Care & Share Walk - Ottawa West**

Second Saturday of the month

*On hold until April 8, 2023*

**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](mailto:helen.harrington@hospicecareottawa.ca).