

# GRIEF & BEREAVEMENT WALKING GROUPS

## CARE & SHARE WALK

Old Ottawa South

Last Saturday of the month

10 AM - 12PM

## CARE & SHARE WALK

Ottawa West

Second Saturday of the month

10 AM - 12PM

Under the guidance of trained HCO volunteers, participants are invited to walk with others who are also grieving the recent loss of a loved one due to a life limiting illness.

Following the walk, the group convenes to share refreshments and talk in a welcoming, confidential, and non-judgmental environment.

*Mandatory registration is required. For further information and/or to register, contact Helen Harrington, Bereavement Services Coordinator on (613) 591-6002 ext. 243 or [helen.harrington@hospicecareottawa.ca](mailto:helen.harrington@hospicecareottawa.ca).*