



Grief & Bereavement
WALKING GROUPS

Care and Share Walk - Ottawa South

Last Saturday of the month
Time: 10:00 am—12:00 pm

Care & Share Walk - Ottawa West

Second Saturday of the month
Time: 10:00 am—12:00 am

Under the guidance of trained volunteers, participants are invited to walk with others who are also grieving the death of a loved one due to a *life limiting illness*. 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 call ahead to register.**
Contact Helen at 613-591-6002 ext. 243 or
helen.harrington@hospicecareottawa.ca