

11

NOVEMBER

/ 23

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

28	29	30	1	2 RUDDY SHENKMAN DROP-IN GROUPS	3	4
5	6	7	8	9	10	11
12	13	14	15	16 RUDDY SHENKMAN DROP-IN GROUPS	17	18
19	20 MAY COURT DROP-IN GROUPS	21 NATIONAL BEREAVEMENT DAY Online Presentation	22	23	24	25 CARE & SHARE WALK BILLINGS BRIDGE PARK
26	27	28	29	30	1	2



It takes time. It takes patience. It takes love.

DECEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

25	26	27	28	29	1	2
3	4	5	6	7 RUDDY SHENKMAN DROP-IN GROUPS	8	9
10	11	12	13	14	15	16
17	18 MAY COURT DROP-IN GROUPS	19	20	21 RUDDY SHENKMAN DROP-IN GROUPS	22	23
24	25	26	27	28	29	30 CARE & SHARE WALK BILLINGS BRIDGE PARK
31	1	2	3	4	5	6



Be gentle with yourself.

01

JANUARY

/ 24

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31	1	2	3	4 RUDDY SHENKMAN DROP-IN GROUPS	5	6
7	8	9	10	11	12	13
14	15 MAY COURT DROP-IN GROUPS	16	17	18 RUDDY SHENKMAN DROP-IN GROUPS	19	20
21	22	23	24	25	26	27 CARE & SHARE WALK BILLINGS BRIDGE PARK
28	29	30	31	1	2	3



Little by little, we let go of loss – but never of love.

02

FEBRUARY

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 RUDDY SHENKMAN DROP-IN GROUPS	2	3
4	5	6	7	8	9	10
11	12	13	14	15 RUDDY SHENKMAN DROP-IN GROUPS	16	17
18	19 MAY COURT DROP-IN GROUPS	20	21	22	23	24 CARE & SHARE WALK BILLINGS BRIDGE PARK
25	26	27	28	29	1	2



The only cure for grief is to grieve.

03

MARCH

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	26	27	28	29	1	2
3	4	5 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	6	7 RUDDY SHENKMAN DROP-IN GROUPS	8	9
10	11	12 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	13 MAY COURT PARTNER/SPOUSAL LOSS GROUP	14	15	16
17	18 MAY COURT DROP-IN GROUPS	19 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	20 MAY COURT PARTNER/SPOUSAL LOSS GROUP	21 RUDDY SHENKMAN DROP-IN GROUPS	22	23
			& LOSS OF PARENT GROUP			
24	25	26 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	27 MAY COURT PARTNER/SPOUSAL LOSS GROUP	28	29	30 CARE & SHARE WALK BILLINGS BRIDGE PARK
			& LOSS OF PARENT GROUP			



It takes time. It takes patience. It takes love.

04

APRIL

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	3 MAY COURT PARTNER/SPOUSAL LOSS GROUP	4 RUDDY SHENKMAN DROP-IN GROUPS	5	6
			& LOSS OF PARENT GROUP			
7	8	9 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	10 MAY COURT PARTNER/SPOUSAL LOSS GROUP	11	12	13
			& LOSS OF PARENT GROUP			
14	15 MAY COURT DROP-IN GROUPS	16 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	17 MAY COURT PARTNER/SPOUSAL LOSS GROUP	18 RUDDY SHENKMAN DROP-IN GROUPS	19	20
			& LOSS OF PARENT GROUP			
21	22	23 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	24 MAY COURT PARTNER/SPOUSAL LOSS GROUP	25	26	27 CARE & SHARE WALK BILLINGS BRIDGE PARK
			& LOSS OF PARENT GROUP			
28	29	30 RUDDY SHENKMAN PARTNER/SPOUSAL LOSS GROUP, EVENING SESSION	1	2	3	4



Forever in our heart.

05

MAY

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	27 MAY COURT PARTNER/SPOUSAL LOSS GROUP	2 RUDDY SHENKMAN DROP-IN GROUPS	3	4
			& LOSS OF PARENT GROUP			
5	6	7	8 MAY COURT PARTNER/SPOUSAL LOSS GROUP	9	10	10
12	13	14	15	16 RUDDY SHENKMAN DROP-IN GROUPS	17	18
19	20 MAY COURT DROP-IN GROUPS	21	22	23	24	25 CARE & SHARE WALK BILLINGS BRIDGE PARK
26	27 Bereavement Retreat Limited spaces - Call to register	28	29	30	31	1



Memories bloom forever.

06

JUNE

/ 24

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	31	1
2	3	4	5	6 RUDDY SHENKMAN DROP-IN GROUPS	7	8 CARE & SHARE WALK ANDREW HAYDON PARK
9	10	11	12	13	14	15
16	17 MAY COURT DROP-IN GROUPS	18	19	20 RUDDY SHENKMAN DROP-IN GROUPS	21	22 CARE & SHARE WALK ANDREW HAYDON PARK
23	24	25	26	27	28	29 CARE & SHARE WALK BILLINGS BRIDGE PARK
30	1	2	3	4	5	6



Little by little, we let go of loss – but never of love.

07

JULY

/ 24

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30	1	2	3	4 RUDDY SHENKMAN DROP-IN GROUPS	5	6
7	8	9	10	11	12	13 CARE & SHARE WALK ANDREW HAYDON PARK
14	15 MAY COURT DROP-IN GROUPS	16	17	18 RUDDY SHENKMAN DROP-IN GROUPS	19	20
21	23	23	24	25	26	27 CARE & SHARE WALK ANDREW HAYDON PARK
						& BILLINGS BRIDGE
28	29	30	31	1	2	3



Always in our hearts.

08

AUGUST

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8 RUDDY SHENKMAN DROP-IN GROUPS	9	10 CARE & SHARE WALK ANDREW HAYDON PARK
11	12	13	14	15	16	17
18	19 MAY COURT DROP-IN GROUPS	20	21	22 RUDDY SHENKMAN DROP-IN GROUPS	23	24 CARE & SHARE WALK ANDREW HAYDON PARK
25	26	27	28	29	30	31 CARE & SHARE WALK BILLINGS BRIDGE
1	2	3	4	5	6	7



Memories bloom forever.

09

SEPTEMBER

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 RUDDY SHENKMAN DROP-IN GROUPS	6	7
8	9	10	11	12	13	14 CARE & SHARE WALK ANDREW HAYDON PARK
15	16 MAY COURT DROP-IN GROUPS	17	18	19 RUDDY SHENKMAN DROP-IN GROUPS	20	21
22	23	24	25	26	27	28 CARE & SHARE WALK ANDREW HAYDON PARK
						& BILLINGS BRIDGE
29	30	1	2	3	4	5



It takes time. It takes patience. It takes love.

10

OCTOBER

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3 RUDDY SHENKMAN DROP-IN GROUPS	4	5
6	7	8	9	10	11	12 CARE & SHARE WALK ANDREW HAYDON PARK
13	14	15	16	17 RUDDY SHENKMAN DROP-IN GROUPS	18	19
20	21 MAY COURT DROP-IN GROUPS	22	23	24	25	26 CARE & SHARE WALK AT ANDREW HAYDON PARK
						& BILLINGS BRIDGE
27	28	29	30	31	1	2



Memories bloom forever.

11

NOVEMBER

/ 24

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27	28	29	30	31	1	2
3	4	5	6	7 RUDDY SHENKMAN DROP-IN GROUPS	8	9 CARE & SHARE WALK ANDREW HAYDON PARK
10	11	12	13	14	15	16
17	18 MAY COURT DROP-IN GROUPS	19	20	21 RUDDY SHENKMAN DROP-IN GROUPS	22	23 CARE & SHARE WALK KANATA LOCATION
24	25	26	27	28	29	30 CARE & SHARE WALK BILLINGS BRIDGE PARK



The only cure for grief is to grieve.

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 RUDDY SHENKMAN DROP-IN GROUPS	6	7
8	9	10	11	12	13	14 CARE & SHARE WALK ANDREW HAYDON PARK
15	16 MAY COURT DROP-IN GROUPS	17	18	19 RUDDY SHENKMAN DROP-IN GROUPS	20	21
22	23	24	25	26	27	28 CARE & SHARE WALK ANDREW HAYDON PARK
						& BILLINGS BRIDGE
29	30	31	1	2	3	4



Be gentle with yourself.