

Bereavement Walking Group

Attending a group is one of the most effective ways in helping you cope with your loss.



Have You Been Touched by the Recent Death of Someone You Love?

Family Services of the North Shore

Find weekly support with others who have also experienced loss. Through 8 weekly walks, rain or shine, you'll also enjoy fresh air, exercise and connection.

When: From mid-April to early June.

Cost: No Fee

Facilitator: Trained Companionship Community Care Volunteers.

Register: For more information or to register call 604-985-8713.

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Caring for our Community