



Walking Through Your Grief

A Walking Group for the Bereaved

The walking group welcomes all bereaved individuals who have experienced the death of someone significant. It is a time to walk and talk, at a relaxed pace, with others who are grieving; to share ideas and support while benefiting from some fresh air and exercise. Walking with this group helps if you are feeling lonely, isolated or unsure about future directions. Maybe you would just enjoy the company! Why not give it a try? Joining in on the walk are caring volunteers to provide a listening ear.

A few suggestions to help you prepare:

- wear layers of clothing that can be removed according to the weather
- wear comfortable walking shoes
- bring a walking stick or cane, if helpful
- bring a water bottle

There is no charge to participate however we do ask that interested individuals register as



June through September

Wednesdays 6:30 - 7:30 pm

Mississauga Valley Park

(Mississauga Valley Rd. &
Central Parkway)

*Gathering at the lower parking
lot, behind the Gym at 6:15pm*

Registration Required

**Please call 905-848-4337 to add
your name to the interest list -
walks will commence when a
minimum of 4 participants are
registered.**



Bereaved Families of Ontario
Halton/Peel Region

The bereaved helping the bereaved
learn to live with hope and healing

