



BEREAVEMENT WALKING GROUP INFORMATION SHEET

Please be aware that registration is required in order to participate in this walking group. Please contact support@thecarpenterhospice.com or 905-631-9994 ext. 135 for more information or to register.

- The walking group leaves the Roseland Plaza (3001 New St, Burlington, ON L7R 1K3) at the corner of New Street and Guelph Line at 10:00 a.m. (Note: *group will meet at the bus stop on New Street, not the bus shelter on Guelph Line*). Please allow time to sign in with Volunteer Walk Leader.
- Please sign in with the Volunteer Walk Leader before each walk.
- This is an out and back route (approx. 45-55 minutes to complete the route depending on the pace of the group).
- If at any time during the walk you feel unwell or unable to continue please inform one of the volunteers immediately.
- There are some park benches along the route and at the turn around.
- There are no bathroom facilities on the route, however there is a Tim Horton's and JC Bagels in the Roseland Plaza (start and end).
- A Tim Hortons and JC Bagels are located in the plaza.
- No dogs (no matter how cute and cuddly) are allowed on walks and for the sake of equality no cats either.

THE ROUTE:

- The group walk ends and starts at the corner of Guelph Line and New Street at the bus stop (on New Street not Guelph Line).
- The walk proceeds to the bike path on the west side of Guelph line, just south of New Street.
- We follow the bike path to Martha Street and then reverse our route to finish back at the bus shelter

In order for this program to be a safe and welcoming event for all participants, please remember that all conversations that occur during the walk and afterwards if you choose to stay for coffee are considered confidential. Carpenter Hospice and Acclaim Health's expectations and standards of privacy, conflict of interest and confidentiality apply at all time.