



### Registration Required to Participate

#### Bereavement Walking Group Information Sheet

[support@thecarpenterhospice.com](mailto:support@thecarpenterhospice.com) or 905-631-9994 ext. 135

- 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.
- A Tim Hortons and JC Bagels are located in Roseland Plaza.
- Please sign in with the Volunteer Walk Leader before each walk.
- Depending on the route and walking pace, the walk is approximately 45-55 minutes to complete.
- 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).
- 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 either reverse our route on the path to finish back at the bus shelter or continue south to Lakeshore to Guelph Line and back to the bus shelter at Roseland Plaza.

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.



# Bereavement Walking Group

FREE 12 week walking group for adults who are grieving the death of a loved one every Tuesday 10:00-11:30 a.m.

March 19<sup>th</sup> - June 4<sup>th</sup>



Join trained volunteers for fresh air and exercise with others who are grieving. You can share ideas, receive support, and if you wish join us after at a local coffee shop for further conversation.

To register or for program information please, contact  
Supportive Care Coordinator Jackie Storer at

[support@thecarpenterhospice.com](mailto:support@thecarpenterhospice.com)

(905) 631-9994 ext. 135.