



Bereavement Walking Group

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

September 22nd to November 24th
(Registration is open for the duration of the group)



Join trained volunteers for fresh air and exercise, along with others who are grieving. You can share ideas, receive support, and enjoy the sunshine!

To register or for program information please contact
Josee Coutu, Client & Program Manager at
support@thecarpenterhospice.com or (905) 631-9994 ext. 135