



Bereavement Walking Program

The VON Bereavement Walking Program is for individuals who are grieving the death of a parent, spouse, child or significant individual. The purpose of this group is to provide bereaved individuals the opportunity to walk with others in similar circumstances and to receive the support of volunteers and fellow walkers in order to enhance their quality of life. It is a time to walk and talk, at a relaxed pace, with others who are grieving the death of someone close to them. We walk to share ideas and support, and benefit from some fresh air and exercise.

The outdoor program is a good fit for "instrumental grievers" - people who are more likely to deal with death loss through action and reflection rather than emotional disclosure. Historically, these "doers" have been chastised for not being in touch with their feelings but they just grieve differently.

The group walks at a casual pace for about an hour. There is no cost to participate and trained hospice/bereavement volunteers lead or join in the walk.

We stroll together, rain or shine, on **Tuesday afternoon's at 4:45pm**. We meet at Pinafore Park at the main pavilion We also can have a **Thursday morning walk (time tbd)** if there is need. For more information or to register for this program, please call Sheila at VON 519-637-6408 ext 222 or email sheila.weir@von.ca