



GRIEF WALKING GROUP

Join us for a gentle walking group designed for those navigating grief and loss. This supportive eight-week series offers an opportunity to connect with others who understand, while enjoying the healing rhythm of walking together in nature. Whether you're looking for quiet reflection or meaningful conversation, all are welcome.

THURSDAY'S

**Ferguson Forest, Kemptville
and other regional trails**

**SEPT 25- NOV 9
10:30 AM - 12:00 PM**

For more information counselling@bethdonovanhospice.ca