

# Walking Through Your Grief

A Walking Group for the Bereaved



The walking group welcomes all bereaved individuals who have experienced the death of someone significant. It is a time to walk and talk, at a relaxed pace, with others who are grieving; to share ideas and support while benefiting from some fresh air and exercise. Walking with this group helps if you are feeling lonely, isolated or unsure about future directions. Maybe you would just enjoy the company! Why not give it a try? Joining in on the walk are caring volunteers to provide a listening ear.

A few suggestions to help you prepare as we walk in (almost) all weather conditions:

- wear layers of clothing that can be removed according to the weather
- wear flat, comfortable shoes
- bring a walking stick or cane, if helpful
- bring a water bottle

There is no charge to participate however we do ask that interested individuals register as we don't want to leave anyone behind!

**May through September**

**Tuesdays 6:30 - 7:30 pm**  
**Sam Smith Park**  
(Kipling Ave & Lakeshore Blvd.)

**Wednesdays 6:30 - 7:30 pm**  
**Mississauga Valley Park**  
(Mississauga Valley Rd. & Arista)

**Fridays 9:30 - 10:30 am**  
**West Deane Park**  
(off Martin Grove, between Rathburn Rd. & Eglinton Ave.)

**Registration Required**

**Please call 416-626-0116 to add your name to the interest list - walks will commence when a minimum of 4 participants are registered.**

