

Grief Walking Group



Walking can offer relief when you are grieving the loss of a loved one. These 4 sessions offer a way to get outside and move through your emotions. They can also provide an opportunity to connect with others who are grieving.

We will walk at an easy pace around the Millennium Trail. We'll walk with you in silence, or share in conversation - it's up to you.

Learn tips for healthy grieving, and enjoy some chocolate too.



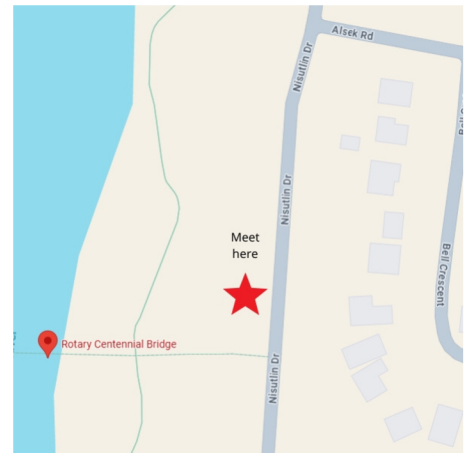
Well-behaved dogs
(on leash)
are welcome.

Registration is encouraged,
but dropping in is fine!

(867) 667-7429

carlie@hospiceyukon.net

Monday evenings
5:30 - 7 pm
August 31 &
September 14, 21, 28



Meet in Riverdale @
Rotary Centennial Bridge
(rain or shine)



**Hospice
Yukon**