

Walking Through Grief



It is no secret that nature is beneficial to those who are grieving. Join The James Reid Funeral Home and Hospice Kingston as they resume their Walking through Grief group this Spring. Our walking group invites 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 to share ideas and support each other in the outdoors. If you are lonely and unsure about the future and would like to make connections with people, or just nature, this walk is for you. We look forward to meeting you.

- Every Wednesday starting April 19, 2017 through June 21st 2017 at 9:30am – 10:30am at **Lemoine Point Conservation Area** main parking – follow Coverdale Drive and past Rotary Park entrance to Lemoine Point. **Please call James Reid Funeral Home or Hospice Kingston to register.**
- Coffee time: 10:30 am – 11:00 am (optional for those who would like to linger).
- Cancellation due to rain.

There is no charge for this group, but we ask that you pre register by calling James Reid Funeral Home at **613-544-3411** or **Hospice Kingston** at **613-542-5013**. We don't want to leave any one behind!



Kingston's Only
Kingston Family Owned
Funeral Home

1900 John Counter Blvd.
jamesreidfuneralhome.com
613.544.3411



Compassionate Care that Celebrates Life
Des soins compassionnels qui célèbrent la vie