



Bereaved Families of Ontario  
**OTTAWA REGION**



# **GRIEF SUPPORT WALKING GROUP**

Come out for fresh air, exercise and companionship

**Weekly drop-in... Wednesdays**

**Noon – 1:00pm**

**(FREE – donations are welcome)**

The group walks through the city streets, and along the trail behind the Parliament buildings. The group will meet in the main foyer of the Bronson centre (211 Bronson Ave.) just prior to noon, and will finish back at the Bronson centre. The group leaves at 12:00 sharp, so best to arrive at least 10 minutes early.

**(NOTE: You can also choose to join the group at the National Archives Statue at the front of the building at 12:15)**

**Parking is on the streets around the Bronson centre. (2 hour free parking)**

**If busing – bus #4**