

Summer Event

Kananaskis Country



Good Grief: Nature Walking Through Grief and Loss

Thursday Evenings - June 18 to July 23 - Bow Valley Provincial Park

How Often?

6 x Thursday Evenings
from 6pm to 8pm
Starts June 18
2 hours of Guided
Nature Walking

Program Fee:

\$20 Cash, which will be donated
to Bow Valley Palliative

Where:

Bow Valley Provincial Park

Pre-Registration Event

maxine.bennett@gov.ab.ca



Good Grief consists of gentle group walks within the natural beauty of Bow Valley Provincial Park to process grief and loss.

These walks will give time for rest and reflection, conversation or solitude. We will walk the routes in an intimate group and have a chance to observe changes in the landscape along with yourself over the 6 weeks.

**Observe, breathe, connect and be present in the moment.
Our hope is these walks support you in your own healing journey.**

This program has been developed in partnership with Alberta Parks and Mount Royal University.

Please email maxine.bennett@gov.ab.ca to register.