

Please feel free to contact
Stedman Community Hospice at
519.751.7096 Ext. 2500 for information on
Men's Walking Group Program.

Did you know that the Hospice exists solely because
of the generosity of our caring community?

Donations to St. Joseph's Lifecare Foundation
(the official fundraising organization for
Stedman Community Hospice), have brought this
beautiful building to life. Our community has funded
vital programs and services, purchased medical
equipment, patient meals, furnishings, therapeutic
gardens, heat/hydro and everything in between.

Ongoing donations are vital to ensure that
Hospice patients and families will never get a
bill for the care they need and deserve!

If you would like to donate to the Hospice,
please contact the Foundation office
or give directly on-line at www.sjlc.ca.
Thank you for caring!

St. Joseph's Lifecare Foundation's mailing
address is the same as the Hospice.



Stedman Community Hospice
99 Wayne Gretzky Parkway
Brantford, ON N3S 6T6
519.751.7096 Ext. 2500
www.sjlc.ca



Men's Walking Group Program

*If you have been diagnosed with a life limiting
illness; you and your family are dealing with end
of life issues; or you are trying to cope with the
death of a loved one; our team is here to help.*

*At the core of our being is a hunger for meaning,
purpose, integrity and harmony, all leading to
peace of mind and soul.*

MEN'S WALKING GROUP PROGRAM




Fresh Air, Exercise and Friendship
to Support those Living with Grief

Overview

The Men's Walking Group is a structured group session that invites men who have lost a spouse, to a weekly morning walk and group sharing session.

Areas of focus include:

- The theory of what healthy grieving can be and how to live with the loss of a spouse
- The opportunity to share your pain and integrate this experience into your life
- Review and reflect on how grief affects all aspects of your life
- Dispelling misconceptions of loss and understanding grief avoidance
- Developing a new self identity and the transformation that will happen when you are open to change and acceptance
- Why support is vital and how to support others when they have had a loss of a spouse
- The importance of self care



"If you mourn well, over time and with the support of others, your grief will become less sharp and all-consuming. On most days, it will murmur gently in the background while in the foreground, your life proceeds with meaning and purpose."

~Dr. Alan D Wolfelt

**If you would like additional information
please contact Stedman Community Hospice at**

519-751-7096 Ext. 2500



Benefits of the
Program

- The group sharing session allows men to open up about their own unique grief experience in a safe and supportive environment
- Connects men with other bereaved men within our community so that they may support each other
- Encourages men to be patient and compassionate with themselves
- Walking together creates a sense of comradeship and encourages a relaxed atmosphere for men to relate to each other