

HOW MIGHT IT HELP ME?

People have told us of the many benefits they have experienced from being part of the Walking Through Grief groups.

Some of the most common ones are:

- A chance to meet and connect with new people.
- A positive focus during a time of loss and grieving.
- A safe place to share feelings and emotions.
- A strong sense of support and being in the same boat.
- Better physical and mental health.
- Normalise the grief experience.

IS THIS FOR ME?

As with any new experience, it may be difficult to come along at first but most people begin to feel comfortable with the group after one or two walks.

Our volunteers are there to introduce new people and to help you feel welcome as you begin to meet the other members.

Specialist Palliative Care Service

North Volunteer Support Service

Phone: (03) 6777 4544



North-West Tasmania

Hospice Care Association

Phone: (03) 6440 7110



Southern Tasmania

Hospice Volunteers South

Phone: (03) 6224 3808



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Tasmanian Association for Hospice and Palliative Care Inc.



A walking group offering mutual support for people who are experiencing grief through the death of a family member or friend.