

How fit do I need to be?

Walks are conducted at a gentle pace. If you have any concerns about participating it's a good idea to have a talk with your doctor.

What benefits are there from participating?

People have told us of many benefits they have experienced from walking. 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
- enhanced physical and mental health

For any enquiries about
Walking Through Grief
please phone 6224 3808



 Hospice Volunteers
Compassionate Care



Walking Through Grief

A walking group offering mutual support for people who are bereaved

Telephone 03 6224 3808



About Walking Through Grief

The Walking Through Grief group meets fortnightly to support people who are experiencing grief following the death of someone close. It is an opportunity to meet socially and enjoy some gentle exercise together in a safe and supportive environment.

Volunteers who have completed training in grief and loss help organise and lead the walks. We walk for approximately one hour in a variety of locations in and around the Hobart area. We finish each walk at a café for a drink and a snack, or occasionally on warmer days, with a picnic.

It's important to note that Walking Through Grief is not a clinical program. We do not provide counselling, group work, or any kind of therapy. The group coordinator can explain the different forms of bereavement support that are available.

Who can join the group?

Those who have experienced the death of someone close as a result of terminal illness are welcome to enquire about joining. Numbers are limited to 16 participants. The Program is not suitable for children.

How can I find out more?

If you are interested in finding out more please phone us on us on 62243808. We will make a time to meet and have a chat with you.

What if I am unsure about participating?

We understand that coming along can feel difficult at first. Participants usually start to feel comfortable after a few walks. You are welcome to attend as few or as many walks as you like.

How long will I stay with the group?

People can remain with Walking Through Grief for approximately 12 months. When it comes time to leave the group we have a farewell morning-tea.

Are there costs involved?

There is no cost to participate. If we go to a café after the walk you may wish to purchase morning-tea.

What do I need to bring?

We ask that you bring:

- required medications
- a hat, sunscreen and rain-jacket
- water

It is advisable to wear comfortable shoes suitable for walking and to be prepared for changeable weather conditions.