

Winter Programs

Heron Hospice Society of Delta offers safe and supportive bereavement programs to the residents of Delta at no cost.

Register Today
(604) 245-7380
info@heronhospice.org

Understanding Grief & Sound Bath

Learn about the process of grief, then join us for a mindfulness sound bath practice.

4631 Clarence Taylor Crescent
Registration required

Thursday
 5pm - 6:30pm
 Jan 15

Coffee & Connections

Enjoy a home-baked snack, warm drink, and conversation with Delta residents and our trained volunteers, who offer a listening ear and a compassionate presence.

4631 Clarence Taylor Crescent
No registration required

Every Tuesday
 10am - 11:30am
 Starting January 6

Bereavement Walking Group

Walk together in the community with our trained companion volunteers. Enjoy gentle exercise outdoors and social connection, followed by a light refreshment.

Ferry Road Boat Launch Parking Lot
Registration required

Wednesdays
 10am - 11:30am
 Jan 21 - Mar 11

Art Program: Colours of Grief

Process feelings through self expression. This group focuses on nurturing emotional wellbeing and provides a safe, creative space for mindfulness based art.

4631 Clarence Taylor Crescent
Registration required

Tuesdays
 6pm - 8pm
 Jan 13 - Feb 10

Yoga: Moving Through Grief

The group is led by an experienced yoga instructor, Janet, and provides an opportunity to find solace and promote wellbeing through the harmonious union of breath, movement and mindfulness.

4631 Clarence Taylor Crescent
Registration required

Thursdays
 1pm - 2pm
 Jan 15 - Feb 26

Cooking Together After Loss

This group, will invite you to come together with other community members to prepare, cook and enjoy a meal together.

4631 Clarence Taylor Crescent
Registration required

4pm - 6:30pm
 Jan 26, Feb 23,
 Mar 30, and Apr 27

Mindfulness & Relaxation Group

Calming music and visualization techniques to support grief. It provides a gentle space for rest, reflection, and emotional healing.

4631 Clarence Taylor Crescent
Registration required

Wednesdays
 3pm - 4:30pm
 Mar 04 - Apr 08

Grief Group

Led by a registered counsellor, this therapeutic program follows a guided curriculum to help participants explore, understand, and reflect on their grief through activities, conversation, and meaningful movement.

4631 Clarence Taylor Crescent
Registration required

Wednesdays
 5pm - 7pm
 Jan 21- Feb 25

Tea at Two

Led by a registered counsellor, this semi therapeutic program follows allows participants to connect, reflect, and share in a supportive small group setting.

George Mackie Library 8440 112 St
Registration required
Thursdays

Wed, Feb 25
Thurs Mar 5 - Apr 2
 2:00-3:30 pm

This Season of Compassion is brought to you by **Bria Communities**.

Bria is helping us bring this season's theme of Warmth & Home to life. Their commitment to creating supportive, connected environments for seniors makes them a natural partner for this winter campaign.



Feb 26 - Apr 02

