

Journey Through Grief

A monthly hiking group for adults in their 20's & 30's



A meaningful, fun and relaxing hike for adults in their 20's and 30's who have experienced the death of someone, whether recently or a while ago. Hikers are welcome to bring a guest. Please arrive early as the hike will start promptly. Please bring water and a lunch or snack for after the hike where we will gather to check-in. If you need specific directions, please call Ashlee Cabral at (707) 568-1094 by the Friday before.

9:00 - 11:30 AM on the Second Saturday	
May 12th	Spring Lake Regional Park: Meet at the Children's Memorial Grove. Parking is \$7. 393 Violetti Road, Santa Rosa
June 9th	Crane Creek Regional Park: Meet at one of the open benches near the parking lot. Parking is \$7. 5000 Pressley Road, Santa Rosa (Near Rohnert Park)
July 14th	Riverfront Regional Park: Meet at the benches near the main parking by the restrooms. Parking is \$7. 7821 Eastside Road, Healdsburg
August 11th	Ragle Ranch Regional Park: Meet at the Peace Garden near the dog park. Parking is \$7. 500 Ragle Ranch Road, Sebastopol
September 8th	Laguna de Santa Rosa Trail: Meet at the trail entrance off of Occidental Road. Free parking. 5420 Occidental Road, Santa Rosa

www.sonomacountyhospice.org | Facebook: Hospice Services of St. Joseph Health

Hospice of Petaluma
(707) 778-6242

Memorial Hospice
(707) 568-1094

North County Hospice
(707) 431-1135

Our grief services are free of charge. Donations welcomed. Individual, child and family grief support also available.