

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, adults only. Please arrive early as the hike will start promptly. If you need specific directions, please call Ashlee Cabral at (707) 568-1094 by the Friday before. ***Please follow the group on Meetup for the most up-to date information, as well as potential weather cancellations.***

9:00 - 11:30 AM on the Second Saturday
2018 Fall/Winter Schedule

September 8th	Laguna de Santa Rosa Trail: Meet at the trail entrance off of Occidental Road. <i>5420 Occidental Road, Santa Rosa.</i> Free parking.
October 13th	Crane Creek Regional Park: Meet at one of the open benches near the parking lot. <i>5000 Pressley Road, Santa Rosa (Near Rohnert Park).</i> Parking is \$7.
November 10th	Riverfront Regional Park: Meet at the entrance to the main trail near the main parking at the end of road. <i>7821 Eastside Road, Healdsburg.</i> Parking is \$7.
December 8th	Spring Lake Regional Park: Meet at the Children's Memorial Grove. Turn right upon entering park and park in the first lot. Walk to the lake and look for the large, round cement bench. <i>393 Violetti Road, Santa Rosa.</i> Parking is \$7.

www.sonomacountyhospice.org



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.