

Journey Through Grief

A hiking group for young adults



A meaningful, fun and relaxing hike for adults who have experienced the death of someone, whether recently or a while ago. Hikers are welcome to bring a guest, adults only. If you need specific directions, please call Ashlee Cabral at (707) 778-6242 by the Friday before. ***Please follow the group on Meetup.com or Facebook for the most up-to date information, as well as potential weather cancellations.***

2019 Summer Schedule  9:00 - 11:00 AM on the Second Saturday	
June 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.
July 13th	Riverfront Regional Park: Meet at the entrance to the main trail near the parking at the end of road. <i>7821 Eastside Road, Healdsburg.</i> Parking is \$7.
August 10th	<u>SPECIAL 6PM SUNSET HIKE!!</u> Helen Putnam Regional Park: Meet at the main trailhead near the parking lot. <i>411 Chileno Valley Road, Petaluma.</i> Parking is \$7
September 14th	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.

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.