Langley Hospice Society

langleyhospice.ca

Providing compassionate care and support since 1983

Adult Bereavement Peer Support Schedule

October 2026

Scheduled Drop-In Grief Support Groups

WALNUT GROVE—Alternating Tuesdays (6:30pm to 8pm) Walnut Grove Secondary School **Library** at 8919 Walnut Grove Dr, Langley Twp, BC	October 13, 27 (Wendy & Sarah)
ALDERGROVE—Alternating Tuesdays (1:30pm to 3pm) Firehouse Cafe - Langley Meals on Wheels at 2900 272 St, Aldergrove, BC **Please note: October 6th will be an information session**	October 6, 20 (Brenda)
LANGLEY—Alternating Fridays (1:00pm to 2:30pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 9, 23 (Wendy)
MOM'S GROUP Alternating Friday Mornings (10:30am to 12:30pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 2, 16, 30 (Stephannie & Donna)
MEN'S COFFEE DROP-IN GROUP Monthly (1:00pm to 3:00pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 16 (Frank & Don)
PARENTS GROUP FOR TRAUMATIC LOSS DUE TO SUICIDE OR SUBSTANCE USE (6:30pm to 8:30pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 13 (Areesha & Cheryl)

Other Support Offerings

SUPPORTIVE STEPS WALKING GROUP and Drop In Coffee (Wednesdays) **Walk from** (9:30am to 11:30am) McLeod Park (meet at CLA Parking Lot) 21277—56th Avenue, Langley, BC **Coffee from** (10:30AM TO 11:30AM) Supportive Program Centre 20660—48th Avenue, Langley, BC **Informal Program. Open to all adult bereavement participants**	October 7, 14, 21, 28 (Donna & Nancy)
PARENT/CHILD DINNER FOR PARENTS WHO HAVE LOST A PARTNER (6:00pm to 7:30pm) **Registration with Stephannie in advance is required.** Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 21 (Stephannie & Kelly)
COOKING TOGETHER Monthly (5:00pm to 8:00pm) **Registration in advance is required. Please note: $10.00 fee for supplies.** Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 30 (Steve & Veronika)
FRIDAY MORNING YOGA FOR GRIEVING ADULTS (9:00am to 10:30am) In person or Via Zoom Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 2, 9, 16, 23, 30 (Lindsay, Christine, & Nova)
FALL POTLUCK from Noon till 2:00pm **Please RSVP** by phone 604-530-1115 or email griefsupport@langleyhospice.ca Supportive Program Centre at 20660—48th Avenue, Langley, BC	October 28

Please note: All program offerings require an intake with one of our program staff prior to participation. If you would like more **information**, or to **register** for any of these programs, please reach out via email to **griefsupport@langleyhospice.ca** or call us at **604.530.1115.**