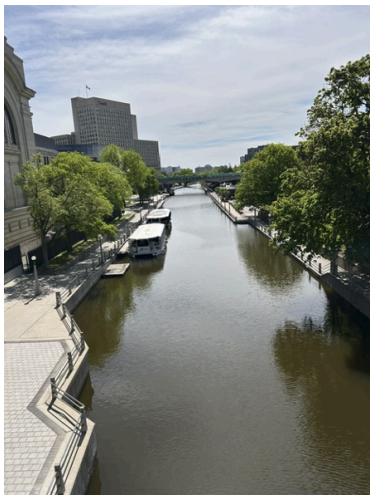


bfo Ottawa

Bereaved Families of Ontario

Downtown Weekly Grief Walk

Join one of our guided Peer Support Grief Walks and connect with others who understand the experience of loss. Led by trained BFO volunteer facilitators, these walks offer a welcoming space to share, listen, or simply enjoy fresh air, gentle exercise, and companionship.

Wednesdays | 12:00–1:15 p.m.

Meet at the **Bronson Centre (211 Bronson Avenue)** in the front foyer at **11:50 a.m.** The walk begins promptly at noon and returns to the Bronson Centre at approximately **1:15 p.m.**

Registration is required for each walk.

Oct 7, 2026 https://lp.constantcontactpages.com/ev/reg/uav5xvc
Oct 14, 2026 https://lp.constantcontactpages.com/ev/reg/vs6enes
Oct 21, 2026 https://lp.constantcontactpages.com/ev/reg/ugsdzn3
Oct 28, 2026 https://lp.constantcontactpages.com/ev/reg/5mfubxt

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Suggested Donation: $20 per walk. Your support helps BFO continue offering grief support programs in our community. Donations can be made by credit card using the link below or by etransfer **office@bfo-ottawa.org** .

Donate: Click here to donate
