



## ***Compassionate Communities***

*a self guided community walk to  
explore life, loss and grief*

## ***The Walk***

Throughout the community of Castlegar there are many locations that are meaningful that can inspire discussion and reflection about compassion, death, dying, and loss.

The self guided walk allows participants to slow down and see the community through a different lens. At each site the participants explore thought provoking questions related to life, loss, and grief to help evoke a compassionate view of the community, and aid in normalizing the conversation on these sensitive topics.

A Compassionate Community is defined as “a group of people that provide compassion, care and practical supports to patients who are seriously ill or frail, and their families”(BC-CPC, 2018).



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