

Bereaved Mother's Day Hike



Sunday, May 6 at 1 pm San Rafael Gold Hill Grade Trail

Join Shannon Myers, LMFT & HAND volunteers
for a hike to recognize **ALL** mothers

Bereaved mothers (including moms currently pregnant with subsequent pregnancies) and fathers are welcome to walk at their own pace. Off street parking is available at the end of Locust Ave. behind Dominican University. Meet at the beginning of Gold Hill trail for a moderate hike. Please arrive a few minutes early & bring water.

Questions about the hike?

Please contact Shannon at (415) 454-5191 or shannon@shannonmyers.com

HAND of the Peninsula offers bereavement support groups and resources.

www.HANDsupport.org

