

# palpative manitoba

## 2019 Grief Seminars

### **Cropo Funeral Chapel**

1442 Main Street, Winnipeg



#### **Who am I Now?**

7:00—8:00 pm - January 22, 2019

#### **Healing Hearts**

7:00—8:00 pm - February 12, 2019

#### **Grief in the Workplace**

7:00—8:00 pm - March 12, 2019

#### **Alive in Memory**

7:00—8:00 pm - April 16, 2019

#### **Sharing Circle**

7:00—8:00 pm - June 11, 2019

#### **Coulda, Shoulda, Woulda**

7:00—8:00 pm - July 9, 2019

#### **Grief is...**

7:00—8:00 pm - September 17, 2019

#### **The Wounds Time Won't Heal**

7:00—8:00 pm - October 8, 2019

#### **Rituals**

7:00—8:00 pm - November 5, 2019

#### **Help for the Holidays**

7:00—8:00 pm - December 3, 2019

### **Chapel Lawn Funeral Home**

4000 Portage Avenue



#### **Self Care**

12:00—1:00 pm - January 8, 2019

#### **Sentimental Objects & Your Journey on Grief**

12:00—1:00 pm - February 26, 2019

#### **Grief Yoga**

3:00—4:00 pm - April 9, 2019

#### **Grief 101**

12:00—1:00 pm - May 14, 2019

#### **Loss of a Spouse**

10:00—11:00 am - July 16, 2019

#### **New Normal**

10:00 - 11:00 am - August 13, 2019

#### **Loss of a Child**

12:00—1:00 pm - September 24, 2019

#### **Grief Yoga**

3:00—4:00 pm - October 22, 2019

#### **Managing Milestones**

12:00—1:00 pm - November 19, 2019

#### **Preparing for the Holidays**

12:00—1:00 pm - December 10, 2019