

## About Us

Palliative Manitoba is a registered charity that is keenly focused on improving living until the end of life.

Our programs and services are aimed at supporting individuals and their families through the grief process, during telephone conversations, support groups, in grief seminars and via monthly bereavement messages.

Our educational services include training for volunteers, support workers, health care aides and the general public. Palliative Manitoba has expanded our education component to rural communities by offering sessions on bereavement support.

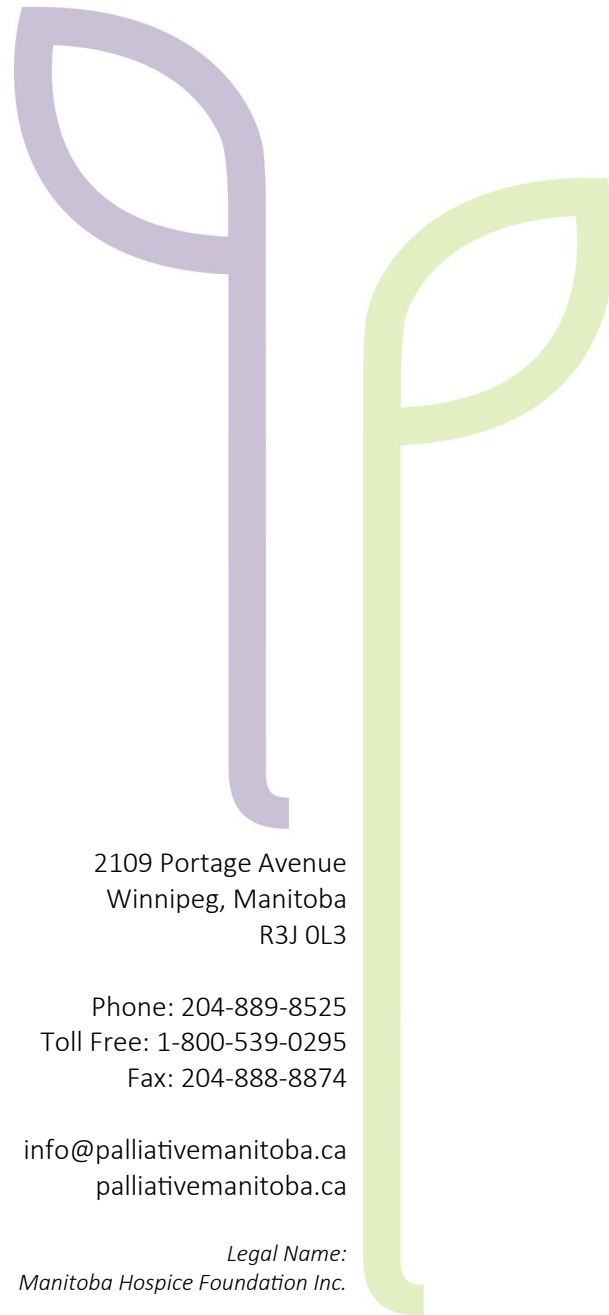
Palliative Manitoba aims to enhance the profile and understanding of palliative care in the province. We identify gaps in knowledge and services and set out to fill them.

### Mission Statement

To promote effective, compassionate care for all Manitobans touched by any life-threatening condition, or bereavement, and to provide services and education that are complementary to the formal health care system.

### Vision Statement

The vision of Palliative Manitoba is that all Manitobans experiencing a life-threatening condition live well until the end of life, and that those around them are cared for in the process.



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*Legal Name:*  
Manitoba Hospice Foundation Inc.

## 2019 Grief Seminars



**Chapel Lawn Funeral Home**  
4000 Portage Avenue

**Cropo Funeral Chapel**  
1442 Main Street



palliative  
manitoba

*Helping you live today.*

## Grief Seminars

Palliative Manitoba offers monthly grief seminars hosted by Chapel Lawn Funeral Home and Cropo Funeral Chapel. Palliative Manitoba recruits experts in the field to speak on relevant topics associated with grief. Staff and experienced bereavement volunteers are available at all grief seminars to provide supplementary support.

The seminars are free and are open to the general public.



## Cropo Funeral Chapel

1442 Main Street

### 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

