

GRIEF SEMINARS 2020

ALL SEMINARS ARE FREE & OPEN TO THE PUBLIC

CHAPEL LAWN FUNERAL HOME
4000 PORTAGE AVENUE,
WINNIPEG

The Holidays Are Over, Now What?
12:00 – 1:00 pm – January 7, 2020

Grief Yoga
3:00 – 4:00 pm – February 19, 2020

Sentimental Objects I Can't Let Go
12:00 – 1:00 pm – March 17, 2020

Loss of a Parent
12:00 – 1:00 pm – April 7, 2020

Grief Yoga
3:00 – 4:00 pm – May 12, 2020

Loss of a Spouse
10:00 – 11:00 am – June 16, 2020

Grief Changes Everything
10:00 – 11:00 am – July 14, 2020

Loss of a Child
10:00 – 11:00 am – August 11, 2020

Grief Yoga
3:00 – 4:00 pm - September 29, 2020

Managing Milestones
12:00 – 1:00 pm – October 6, 2020

Grief 101
12:00 – 1:00 pm, November 17, 2020

Holiday Rituals
12:00 – 1:00 pm, December 8, 2020

GLEN EDEN FUNERAL HOME
4477 MAIN STREET,
WEST SAINT PAUL

Beginning Again
12:00 – 1:00 pm - February 25, 2020

Sharing a Cup of Comfort
12:00 – 1:00 pm – April 21, 2020

Lost & Alone
12:00 – 1:00 pm – July 21, 2020

Rebuilding My Life
12:00 – 1:00 pm – September 22, 2020

I'm Not Sure About the Holidays
12:00 – 1:00 pm November 24, 2020



ST. TIMOTHYS PARISH
135 JOHN FORSYTH ROAD,
WINNIPEG

Guilt & Grief
10:00 – 11:00 am – March 11, 2020

What's 'Normal' Grief Anyway?
7:00 – 8:00 pm – May 6, 2020

Grieving with Regret
7:00 – 8:00 pm – September 30, 2020

Getting Through the Holidays
10:00 – 11:00 am December 2nd, 2020

CROPO FUNERAL CHAPEL
1442 MAIN STREET,
WINNIPEG

Winter Blues
7:00 – 8:00 pm - January 21, 2020

Bereaved Parents
7:00 – 8:00 pm - February 4, 2020

My New Reality
7:00 – 8:00 pm - March 3, 2020

Memory in the Little Things
7:00 – 8:00 pm - April 28, 2020

Grief & Regrets
7:00 – 8:00 pm - May 26, 2020

The Guilt of Feeling Happy
7:00 – 8:00 pm - June 23, 2020

Is My Grief Normal?
7:00 – 8:00 pm - August 25, 2020

Multiple Losses
7:00 – 8:00 pm - October 20, 2020

What's Your Grief?
7:00 – 8:00 pm - November 3, 2020

Preparing for the Holidays
7:00 – 8:00 pm - December 15, 2020



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