

GRIEF SEMINARS 2021

CHAPEL LAWN FUNERAL HOME
4000 PORTAGE AVENUE, WINNIPEG

Getting Through This Winter

10:00 – 11:00 am – January 5, 2021

Death by Suicide

10:00 – 11:00 am – February 9, 2021

Grief Yoga

3:00 – 4:00 pm – March 9, 2021

Music Therapy

3:00 – 4:00 pm – March 24, 2021

I Wasn't Ready

10:00 – 11:00 am – April 13, 2021

Miscarriage & Stillbirth

10:00 – 11:00 am – April 27, 2021

How Grief Changes Everything

10:00 – 11:00 am – May 11, 2021

Parenting After a Loss

10:00 – 11:00 am – June 8, 2021

Grief Yoga

3:00 – 4:00 pm – July 6, 2021

Music Therapy

3:00 – 4:00 pm – July 21, 2021

Grief & Regrets

10:00 – 11:00 am, August 17, 2021

How to Celebrate Birthdays & Anniversaries?

10:00 – 11:00 am – September 21, 2021

The Loneliness

10:00 – 11:00 am, October 19, 2021

Grief Yoga

3:00 – 4:00 pm - November 16, 2021

Music Therapy

3:00 – 4:00 pm – December 1, 2021

Holiday Rituals, Old & New

10:00 – 11:00 am – December 14, 2021

CROPO FUNERAL CHAPEL
1442 MAIN STREET, WINNIPEG

What do I do Now?

7:00 – 8:00 pm - January 19, 2021

Lost & Alone

7:00 – 8:00 pm - February 2, 2021

Memory in the Little Things

7:00 – 8:00 pm - March 16, 2021

Grief & Regrets

7:00 – 8:00 pm – May 18, 2021

How am I Feeling?

7:00 – 8:00 pm – June 15, 2021

What's Normal Grief Anyway?

7:00 – 8:00 pm – August 24, 2021

The Help of Rituals

7:00 – 8:00 pm – September 14, 2021

Self Care in Grief

7:00 – 8:00 pm - October 5, 2021

Seasons of Grief

7:00 – 8:00 pm - November 9, 2021

Help Through the Holidays

7:00 – 8:00 pm - December 7, 2021

GLEN EDEN FUNERAL HOME
4477 MAIN STREET, WEST SAINT PAUL

Living After a Loss

12:00 – 1:00 pm - February 23, 2021

Hope Blossoms

12:00 – 1:00 pm – April 20, 2021

Letting Go

12:00 – 1:00 pm – July 13, 2021

Goodbyes & Hellos

12:00 – 1:00 pm – September 28, 2021

Ready for Restoration

12:00 – 1:00 pm November 23, 2021

Please note, to follow current guidelines and restrictions, seminars maybe be changed to online or canceled.

Please check our website at:

www.palliativemanitoba.ca

or call us at:

204-889-8525

If seminars are in person, please
RSVP to
tpretula@palliativemanitoba.ca



Chapel Lawn
Funeral Home & Cemetery
by Arbor Memorial



Glen Eden
Funeral Home & Cemetery
by Arbor Memorial

palliative manitoba

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