

# GRIEF SEMINARS 2022

CHAPEL LAWN FUNERAL HOME  
4000 PORTAGE AVENUE, WINNIPEG

## Isolation of Grief

10:00 - 11:00 am - January 11, 2022

## Loss of a Partner

10:00 - 11:00 am - February 15, 2022

## Grief Yoga

3:00 - 4:00 pm - March 8, 2022

## Music Therapy

3:00 - 4:00 pm - March 22, 2022

## The First Year

10:00 - 11:00 am - April 12, 2022

## Loss of a Parent

10:00 - 11:00 am - May 17, 2022

## Grief – I'm Just so Tired

10:00 - 11:00 am - June 14, 2022

## Grief Yoga

3:00 - 4:00 pm - July 12, 2022

## Music Therapy

3:00 - 4:00 pm - July 26, 2022

## Getting Away from Guilt

10:00 - 11:00 am - August 16, 2022

## Turning a New Leaf

10:00 - 11:00 am - September 20, 2022

## When it's Hard to be Thankful

10:00 - 11:00 am - October 18, 2022

## Grief Yoga

3:00 - 4:00 pm - November 15, 2022

## Music Therapy

3:00 - 4:00 pm - November 29, 2022

## Let the Holidays be Healing

10:00 - 11:00 am - December 13, 2022

palliative  
manitoba

Please note, Grief Seminars will follow current health guidelines and restrictions.

Please RSVP by emailing [info@palliativemanitoba.ca](mailto:info@palliativemanitoba.ca)

CROPO FUNERAL CHAPEL  
1442 MAIN STREET, WINNIPEG

## Standing Still

7:00 - 8:00 pm - January 18, 2022

## Disenfranchised Grief

7:00 - 8:00 pm - February 1, 2022

## Remembering Everything

7:00 - 8:00 pm - March 15, 2022

## Anticipatory Grief

7:00 - 8:00 pm - April 26, 2022

## Growing Around Grief

7:00 - 8:00 pm - May 10, 2022

## Riding the Wave

7:00 - 8:00 pm - June 7, 2022

## Navigating Grief

7:00 - 8:00 pm - August 9, 2022

## The Myths of Grief

7:00 - 8:00 pm - October 4, 2022

## Winter is Coming

7:00 - 8:00 pm - November 8, 2022

## Changing Holiday Traditions

7:00 - 8:00 pm - December 6, 2022

GLEN EDEN FUNERAL HOME  
4477 MAIN STREET, WEST SAINT PAUL

## Life and Chocolate

12:00 - 1:00 pm - February 8, 2022

## Goals

12:00 - 1:00 pm - April 19, 2022

## Storm Clouds and Blue Sky

12:00 - 1:00 pm - June 21, 2022

## Small Step...Giant Leap

12:00 - 1:00 pm - September 27, 2022

## Seasons of Ups and Downs

12:00 - 1:00 pm - November 22, 2022



Chapel Lawn  
Funeral Home & Cemetery  
by Arbor Memorial



Glen Eden  
Funeral Home & Cemetery  
by Arbor Memorial