

GRIEF SEMINARS 2024



Schedule subject to change. Follow us on Facebook for updates.

CHAPEL LAWN FUNERAL HOME 4000 PORTAGE AVENUE, WINNIPEG

When it's More than Grief

12:00 - 1:00 pm - January 16, 2024

You're Going to be Okay

12:00 - 1:00 pm - February 13, 2024

What is Grief?

12:00 - 1:00 pm - March 19, 2024

The Physical Aspects of Grief

12:00 - 1:00 pm - April 16, 2024

Speak Their Name

12:00 - 1:00 pm - May 14, 2024

Family Dynamics

12:00 - 1:00 pm - June 18, 2024

Table for 1

12:00 - 1:00 pm - July 16, 2024

How to Celebrate

12:00 - 1:00 pm - August 13, 2024

What I Didn't Expect

12:00 - 1:00 pm - September 10, 2024

Grateful & Grieving

12:00 - 1:00 pm - October 8, 2024

Making Memories

12:00 - 1:00 pm - November 19, 2024

Let the Holidays be Healing

12:00 - 1:00 pm - December 17, 2024



CROPO FUNERAL CHAPEL 1442 MAIN STREET, WINNIPEG

Home Alone

7:00 - 8:00 pm - January 9, 2024

Coping with Anxiety

7:00 - 8:00 pm - February 6, 2024

Integrating Grief

7:00 - 8:00 pm - March 5, 2024

Next Steps

7:00 - 8:00 pm - April 9, 2024

Lost

7:00 - 8:00 pm - June 4, 2024

Grieving Before a Loss

7:00 - 8:00 pm - July 9, 2024

Where Grief & Joy Meet

7:00 - 8:00 pm - August 6, 2024

Guilt & Grief

7:00 - 8:00 pm - October 1, 2024

You Can't Go Home Again

7:00 - 8:00 pm - November 5, 2024

Preparing for the Holidays

7:00 - 8:00 pm - December 3, 2024



Grief Seminars are
free and open to the
public.

GLEN EDEN FUNERAL HOME 4477 MAIN STREET, WEST ST PAUL

Winter Blues

10:00 - 11:00 am - February 27, 2024

Beginning Again

10:00 - 11:00 am - April 30, 2024

Riding the Wave

10:00 - 11:00 am - June 25, 2024

Grief 101

10:00 - 11:00 am - September 24, 2024

Holiday Grief

10:00 - 11:00 am - November 26, 2024



Glen Eden
Funeral Home & Cemetery
by Arbor Memorial

BIRCHWOOD FUNERAL CHAPEL 162 HWY 52 W, STEINBACH

Loss of a Child by Suicide

6:30 - 7:30 pm - March 12, 2024

Music & Grief

7:00 - 8:00 pm - April 16, 2024

Miscarriage & Stillborn

7:00 - 8:00 pm - May 21, 2024

Self-Care in Grief

7:00 - 8:00 pm - June 18, 2024

