



CHAPEL LAWN FUNERAL HOME
4000 PORTAGE AVENUE, WINNIPEG

WORKSHOPS

Cooking Class

2:00 – 4:00 pm, January 19, 2025

Journaling

11:00 am – 12:00 pm, February 26, 2025

Restorative Yoga

3:30 – 4:30 pm, March 20, 2025

Comfort in Painting

3:00 – 4:00 pm, April 16, 2025

Journaling

11:00 am – 12:00 pm, May 28, 2025

Nature & Art

11:00 am – 12:00 pm, June 18, 2025

Journaling

11:00 am – 12:00 pm, July 23, 2025

Restorative Yoga

3:30 – 4:30 pm, August 21, 2025

Comfort in Painting

3:00 – 4:00 pm, September 24, 2025

Restorative Yoga

3:30 – 4:30 pm, October 23, 2025

Cooking Class

2:00 – 4:00 pm, November 16, 2025

Nature & Art

11:00 am – 12:00 pm, December 10, 2025

Pre-registration required for Workshops.

**Please RSVP to Chapel Lawn directly
at 204-885-9715.**



*We are changing the conversation
about death and grief.*

A library of recorded grief seminars is available
in our video archive online:

<https://palliativemanitoba.ca/grief-seminar-recordings/>



Palliative Manitoba

2109 Portage Avenue
Winnipeg MB R3J 0L3

Phone: 204-889-8525

Toll Free: 1-800-539-0295

Fax: 204-888-8874

info@palliativemanitoba.ca

www.palliativemanitoba.ca

Legal Name: Manitoba Hospice Foundation
Charitable Registration #119030401RR0001

2025 GRIEF SEMINARS & WORKSHOPS

Grief seminars are free and open to the public.
Schedule is subject to change, follow us on
Facebook for updates.



palliative
manitoba

CHAPEL LAWN FUNERAL HOME
4000 PORTAGE AVENUE, WINNIPEG

SEMINARS

Humor and Happy Memories

12:00 - 1:00 pm - January 14, 2025

Tackling The To Do List

12:00 - 1:00 pm - February 11, 2025

Reframing Our Guilt

12:00 - 1:00 pm - March 11, 2025

Complex Grief

12:00 - 1:00 pm - April 8, 2025

Caregiver Recovery

12:00 - 1:00 pm - May 13, 2025

Does Loyalty Keep You From Healing?

12:00 - 1:00 pm - June 10, 2025

Rejoining the World

12:00 - 1:00 pm - July 8, 2025

Grieving Them Before Their Gone

12:00 - 1:00 pm - August 12, 2025

The First Year

12:00 - 1:00 pm - September 9, 2025

Making New Memories

12:00 - 1:00 pm - October 7, 2025

Keeping Connection

12:00 - 1:00 pm - November 4, 2025

Holiday Planning

12:00 - 1:00 pm - December 2, 2025



CROPO FUNERAL CHAPEL
1442 MAIN STREET, WINNIPEG

Loneliness

7:00 - 8:00 pm - January 7, 2025

You're Going to be Okay

7:00 - 8:00 pm - April 29, 2025

Grief & Your Relationship

7:00 - 8:00 pm - July 22, 2025

Is This Normal?

7:00 - 8:00 pm - October 21, 2025

Healing During the Holidays

7:00 - 8:00 pm - December 16, 2025



BIRCHWOOD FUNERAL CHAPEL
162 HWY 52 W, STEINBACH

What is Grief?

7:00 - 8:00 pm - February 4, 2025

Managing Milestones

7:00 - 8:00 pm - March 4, 2025

Guilt and Grief

7:00 - 8:00 pm - April 8, 2025

New Normal

7:00 - 8:00 pm - May 6, 2025



GLEN EDEN FUNERAL HOME
4477 MAIN STREET, WEST SAINT PAUL

Loss of a Child

10:00 - 11:00 am - March 4, 2025

Growing Around Grief

10:00 - 11:00 am - May 6, 2025

Survivors Guilt

10:00 - 11:00 am - August 5, 2025

Fear of Letting Go

10:00 - 11:00 am - October 14, 2025

Holidays are Hard

10:00 - 11:00 am - December 9, 2025



THOMSON IN THE PARK FUNERAL HOME
1291 MCGILLIVRAY BLVD, WINNIPEG

What is Grief

2:00 - 3:00 pm - February 4, 2025

New Normal

2:00 - 3:00 pm - April 15, 2025

Now What?

2:00 - 3:00 pm - June 17, 2025

Milestones

2:00 - 3:00 pm - September 23, 2025

Coping Through the Holidays

2:00 - 3:00 pm - November 25, 2025

