



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

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Winnipeg MB R3J 0L3

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Toll Free: 1-800-539-0295

Fax: 204-888-8874

[info@palliativemanitoba.ca](mailto:info@palliativemanitoba.ca)

[www.palliativemanitoba.ca](http://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 They're 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



Glen Eden Funeral Home  
& Cemetery  
by Arbor Memorial

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

