



CHAPEL LAWN FUNERAL HOME  
4000 PORTAGE AVENUE, WINNIPEG

**WORKSHOPS**

**Sound Bath**

3:00 – 4:00 pm, January 7, 2026

**Journaling**

11:00 am – 12:00 pm, February 25, 2026

**Cooking Class**

2:00 – 4:00 pm, March 22, 2026

**Comfort in Painting**

3:00 – 4:00 pm, April 22, 2026

**Nature & Art**

11:00 am – 12:00 pm, May 27, 2026

**Restorative Yoga**

3:00 - 4:00 pm, June 24, 2026

**Cooking Class**

2:00 - 4:00 pm, July 19, 2026

**Nature & Art**

11:00 am – 12:00 pm, August 19, 2026

**Comfort in Painting**

3:00 – 4:00 pm, September 23, 2026

**Journaling**

11:00 am – 12:00 pm, October 21, 2026

**Restorative Yoga**

3:00 – 4:00 pm, November 25, 2026

**Music & Grief**

11:00 am – 12:00 pm, December 9, 2026

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](mailto:info@palliativemanitoba.ca)

[www.palliativemanitoba.ca](http://www.palliativemanitoba.ca)

Legal Name: Manitoba Hospice Foundation  
Charitable Registration #119030401RR0001

# 2026 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 AVE, WINNIPEG

### SEMINARS

**Coping Strategies for Daily Living & Triggers**

12:00 - 1:00 pm - January 13, 2026

**The Beginning of Grief**

12:00 - 1:00 pm - February 10, 2026

**Children & Teens Grieve Too**

12:00 - 1:00 pm - March 10, 2026

**AI & Grief: It's More Than You Think**

12:00 - 1:00 pm - April 14, 2026

**The Emojis of Grief**

12:00 - 1:00 pm - May 5, 2026

**Grief & Brain Fog**

12:00 - 1:00 pm - June 9, 2026

**Grieving & Family Dynamics**

12:00 - 1:00 pm - July 14, 2026

**Miscarriage, Stillbirth & Abortion Grief**

12:00 - 1:00 pm - August 2026 – call for date

**Grief – What a Roller Coaster Ride**

12:00 - 1:00 pm - September 15, 2026

**Grief & Gratitude**

12:00 - 1:00 pm - October 6, 2026

**Grief is a Journey – Not a Destination**

12:00 - 1:00 pm - November 17, 2026

**Preparing for the Holidays**

12:00 – 1:00 pm - December 1, 2026

Please RSVP to 204-885-9715

CROPO FUNERAL CHAPEL  
1442 MAIN ST, WINNIPEG

**Struggling with Hard Feelings**

7:00 - 8:00 pm - January 6, 2026

**Grief Doesn't Make Sense**

7:00 - 8:00 pm - April 28, 2026

**Grief is Full of Firsts**

7:00 - 8:00 pm – July 21, 2026

**Loss of a Child**

7:00 - 8:00 pm - October 20, 2026

**Real Talk about the Holidays**

7:00 - 8:00 pm - December 15, 2026

No RSVP required

Grief Seminars are delivered in  
partnership with



Chapel Lawn  
Funeral Home & Cemetery  
by Arbor Memorial



Salon funéraire Desjardins  
Funeral Home  
by Arbor Memorial

Dignity<sup>®</sup>  
MEMORIAL

DESJARDINS FUNERAL HOME  
357 DES MEURONS ST, WINNIPEG

**I Believed, But That's Changed**

10:00 - 11:00 am – January 20, 2026

**Making New Memories**

10:00 - 11:00 am – March 24, 2026

**Tackling the To Do List**

10:00 - 11:00 am – June 23, 2026

**Caregiver Recovery**

10:00 - 11:00 am – August 25, 2026

**Healing for the Holidays**

10:00 - 11:00 am – December 8, 2026

Please RSVP to 204-233-4949

THOMSON IN THE PARK FUNERAL HOME  
1291 MCGILLIVRAY BLVD, WINNIPEG

**Grief & Guilt**

2:00 – 3:00 pm – February 17, 2026

**Managing Grief's Unexpected Visits**

2:00 – 3:00 pm – April 21, 2026

**Beyond Visibility: The Unspoken Grief of  
Queer Lives**

2:00 – 3:00 pm – June 16, 2026

**Loss of a Sibling**

2:00 – 3:00 pm – September 22, 2026

**Joy & Sorrow: Holding Both during the Holidays**

2:00 – 3:00 pm – November 24, 2026

Please RSVP to 204-925-1120