

## **Bereavement Services**

### **Telephone Bereavement Support Program**

The Telephone Bereavement Support program is a peer support program that matches trained volunteers to bereaved persons in Manitoba. This program is available to all Manitobans aged 18+. The bereaved person will receive a call from their volunteer once a week and conversations can last up to one hour each week. These calls can continue for up to one year. What makes this program special is that it is about compassionate listening and non-judgemental support. However, it is not professional counselling. We support all types of losses (it does not have to be palliative in origin) including anticipatory and pet loss. Interested people need to self-refer by phoning (204-889-8525 ext. 225) or emailing ([ccharette@palliativemanitoba.ca](mailto:ccharette@palliativemanitoba.ca)). An intake call takes place, followed by triage and then receiving a volunteer.

### **Grief Seminars**

There are several grief seminars a month taking place at different funeral chapels in Winnipeg. There is a separate pdf brochure with the various topics, locations and dates and times. A couple dozen seminars were recorded during the height of the pandemic and are posted on our website, <https://palliativemanitoba.ca/grief-seminar-recordings/>

### **Bereavement Message**

On the first of every month a bereavement message is emailed to subscribers. The message will include an article, info on upcoming grief seminars, a book review and other grief resources. To subscribe please visit <https://palliativemanitoba.ca/support/monthly-bereavement-message/>

# GRIEF SEMINARS 2024

**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

**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

**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.



Chapel Lawn  
Funeral Home & Cemetery  
by Arbor Memorial



Glen Eden  
Funeral Home & Cemetery  
by Arbor Memorial

