



CENTRE FOR GRIEF & HEALING
Bereaved Families of Ontario -
Halton / Peel



South Asian Grief & Healing Workshop Series

Grieving the death of a loved one is a unique journey. Together, we explore the many ways loss is experienced and expressed across cultures, families, faiths, and identities. A supportive space to honour memories, process grief, and draw comfort and resilience from our communities.

WORKSHOP DATES

- OCT 6 • Understanding Grief: Culture, Loss & Identity
- OCT 13 • Life After Loss: Navigating Grief in Daily Life
- OCT 27 • Finding a New Normal: Carrying Grief Forward

**3:30–4:30 PM • Halton Hills Cultural Centre • 9 Church
Street, Georgetown, ON**