



HOSPICE
MISSISSAUGA

USING RITUAL TO COPE WITH LOSS

Are you looking for ways to honor your loved one through ritual or to cope with your grief?

Are you looking for rituals to help you mark anniversaries or special moments and memories of your loved one?

This workshop explores the power of rituals in processing grief and integrating loss into our lives. Participants will engage in a silent remembrance ritual led by the facilitator and are encouraged to bring a meaningful item or photo of their loved one. A sample grief ritual will be provided for use beyond the session.

Open to individuals at any stage of their grief journey.

When: Dec. 2nd, 2025

Where:  On Zoom

Time: 6:30 pm - 8:00 pm

REGISTER HERE



OR scan the QR Code



For more information, email us at info@hospicemississauga.ca or call us at 905-712-8119.

Visit our website
hospicemississauga.ca