

Holiday Grief Workshop & Recipe Share

Facilitated by the Community & Supportive Care Team, this workshop provides a safe space to connect with others anticipating the holiday season without their loved one. During this workshop we will share our grief, discuss coping strategies, and legacy ideas to honour your loved one during the holiday season.

This workshop is open to anyone experiencing the loss of a loved one. Although this program is offered at no cost, registration is required.

Upon registration, you are invited to submit a recipe ahead of time in memory of your loved one, along with a description of the meaning behind the recipe and the relationship to your loved one. At the end of the workshop, all recipes will be provided to each participant in a booklet as a recipe share and keepsake.

Tuesday, December 12th

7:00 - 8:30 PM

To learn more or to register for this workshop, please contact Kendra Ablard, Bereavement Care Coordinator at The Carpenter Hospice.

T: (905)-631-9994 ext 135

E: kablard@thecarpenterhospice.com



Carpenter Hospice