



New Beginnings Presents:

Online Bereavement Introductory Program

Program Objective

The *Online Bereavement Introductory Program* offers both women and men a learning environment which is safe, welcoming and non-judgmental. The program provides 4 weeks of psycho-education, which assists and accompanies the bereaved in exploring grief, experiencing healing and renewing faith. The program resources include PowerPoint, audio/video media and time will be allocated for questions and group discussion.

Program Goals

- Understanding the fundamentals of grief and mourning
- Explaining the transitional dynamics of loss
- Developing skills for emotional management and practical care
- Renewing faith and rediscovery of personal spirituality

Program Access

The ideal candidate is ready and able to participate in a group setting. Each candidate will be screened, prior to being considered for admittance into the program.

Start date & time: Wednesday July 7, 2021 @ 7:00 pm

Total cost: no charge

Contact: For more information and to register please contact:

Arcangelo Limanni, MRE (416) 921-1163 ext. 2225 alimanni@cfstoronto.com

We welcome people from all ethnic, cultural and religious backgrounds.

New Beginnings is a ministry dedicated to those who have suffered a loss through separation, divorce or the death of a loved one.



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Archdiocese of Toronto