



PREPARING YOUR **HEART** FOR THE HOLIDAYS

The holiday season reminds us of celebration and togetherness. However, this time of year can be the most difficult for many people. Memories of past celebrations with family members or friends who are no longer here can magnify feelings of loss, loneliness, and sadness. This workshop will offer tips on how to navigate the holidays in a spirit of self-care and compassion. Various creative and resourceful ideas (“tools for your toolbox”) will be presented to encourage connection, remembrance, and healing.

To register, scan the QR code OR click on one of the dates



Thursday, Nov. 27th 7:00 pm - 8:30 pm



Monday, Dec. 8th 7:00 pm - 8:30 pm



Saturday, Dec. 13th 10:30 am - 12:00 pm



Where:  On Zoom

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

To find out more about other events, how we
can help you or how you can help us, visit
our website at hospicemississauga.ca