



North Simcoe Muskoka Hospice Palliative Care Network presents

BEREAVEMENT 101

The Bereavement 101 half-day workshop is designed as an interactive exploration of grief, bereavement, mourning, and death and dying in our society today.

This free virtual course is designed to allow for self-reflection on our own experiences with grief, our inner and outer biases, and how they can impact us as friends, family members, peers and/or healthcare providers. Participants will explore contemporary grief theory, how to hold space for grieving people, and provide practical skills and knowledge on how to best support ourselves and others.

UPCOMING SESSIONS:	February 2026	March 2026
Date:	Tuesday, February 10 th , 2026	Thursday, March 5 th , 2026
Registration Deadline:	January 27 th , 2026	February 19 th , 2026
Time:	9:00 AM - 1:00 PM	10:00 AM - 2:00 PM
Cost:	Free	Free

For more information or to register, please scan the QR Code below or visit <https://nsmhpcn.ca/ber101/>

