



Grief in a Pandemic: An education series

Please join Megan and Pranita as they present:

What is grief and loss - Self-Care strategies to support our grieving hearts

In this interactive 3 part series we will discuss topics relative to grief as we are presently experiencing it during the pandemic. In each interactive session, Megan will offer a grief education discussion, followed by Pranita leading us in an experiential activity that will offer strategies for self-care supporting your mind and body.



Megan Quinn

Megan is the Bereavement Coordinator at Dorothy Ley Hospice where she offers grief support and education to individuals and groups.



Pranita Murphy

Pranita is the Wellness Coordinator at Dorothy Ley Hospice, where she runs the Wellness Day Program and supports the self-care, mind-body practices of caregivers, people living with life-limiting illness, and the bereaved.

Part 1: Tuesday October 20th, 10:30am – 11:30am.

Part 2: Tuesday October 27th 10:30am – 11:30am.

Part 3: Tuesday November 3rd 10:30am – 11:30am.

RSVP Friday Oct 16th to Swarnali Chakraborty

schakraborty@esssupportservices.ca 416-243-0127 ext 232





Part 1: What is Grief and How Can We Care for Ourselves Within It?

We will learn about what grief is exactly, and what it isn't. We will work to debunk some of the common myths that surround grief learn how opening up the conversation without feeling the need to "fix" anything can support yourself and others in grief. We will then learn the practice of self-massage to support your mind-body connection.

Tuesday October 20th, 10:30am – 11:30am

Part 2: How Grief Manifests and Self-Care Strategies To Support Our Grieving Hearts

We will explore all the different ways grief can manifest, across all the various ways we know of being in the world. We will also investigate how we are seeing grief arise in the wake of the Covid-19 pandemic. We will then experiment with the practice of stream-of-consciousness journaling.

Tuesday October 27th 10:30am – 11:30am

Part 3: Open-forum

We want to hear from you! Join us for an open-forum discussion on the topics covered. Bring any questions you have for Megan and Pranita about the educational material, the mind-body exercises and your experience. We will then guide you through a body scan to facilitate relaxation.

Tuesday November 3rd 10:30am – 11:30am

RSVP by October 16th

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