



The Compassionate Friends Of Winnipeg

TCF Winnipeg

Presents

A Day With Mitch Carmody

Letters and poems to his
son posthumously as a
catharsis for his grief.

A Grief Educator/
Author/Artist
(www.heartlightstudios.net)



Mitch's main message is that we CAN survive and even thrive after a significant loss in our lives.

His philosophy of Proactive Grieving® and the S.T.A.I.R.S. ®
model of grief processing are changing the way America grieves.

We have a full day planned.

- 9:15 am Workshop: Proactive Grieving:
 - 10:45 am Workshop: The 20 Faces of Grief
 - 12:00 pm Lunch - We may have a speaker
 - 1:15 pm Workshop: Self Care
 - 2:45 pm Workshop: Whispers of Love
 - 4:00 pm Book Sale: Mitch Carmody
 - 5:30 pm Dinner
 - 6:30 pm Keynote Address
- Followed by a Candlelight Service

Book Signing

4:00 - 4:30 pm

Meet our workshop presenter
Mitch Carmody

Book your room now

Norwood Hotel

112 Marion St.

www.norwood-hotel.com/

Phone:(204)231-1910

Discount for

TCF Workshop Attendees

Saturday, August 24, 2019

Norwood Hotel

112 Marion St., Winnipeg

Plenty of free parking

Open/Registration: 8:30am