

UPCOMING ORA WORKSHOPS



Cooking for Love and Comfort with Chef Roma Trottier

Time: 7-9 PM

**Dates: Mondays November 7 , 14 , 21 , 28 ,
December 5 , 12**

Where: St. Genevieve United Church

Cost: Our programs are offered for free but please consider a donation to help offset costs.

Registration: contact Roma at roma.trottier@gmail.com

Good Grief for Loss and Living

- Facilitated by Kathryn Harvey, PhD
- **Time: 10-12 AM**
- **Dates: Saturdays from October 29th - December 10th**
- A group for people of any age or gender identity who are looking for support for their loss
- **Location: Zoom**
- To register contact Kathryn at: info.ora.mtl@gmail.com
- Info: 450-451-0569
- Kathryn is the coordinator of ORA - Loss and Living; a certified teacher of IRest yoga nidra;
- practitioner of Non-Violent Communication; facilitator of The Work That Reconnects; and former palliative care volunteer.





Mindfully Meeting Grief: A Six-Week Bereavement Support Group for Widowers

- **Facilitated by Dan Misha Goldman, MA, MTA**
- **Dates: Wednesday from November 9 to December 14**
- **Time: 7-9PM**
- **Location: Zoom**
- To register contact Dan at: danmisha@gmail.com
- Info: 514-626-4795
- A combination of group discussions, collective readings, musical experiences and mindfulness
- exercises will be used to help process grief and focus on strategies for self-care and wellness.
- This will be done within a safe, supportive and non-judgmental environment
- The group will be facilitated by Dan Misha Goldman, MA, MTA. Dan is a certified music therapist
- currently working at the Teresa Dellar Palliative Care Residence (TDPCR), where he tend to
- dying patient and their families and facilitates bereavement support groups, as well. The group
- will be limited to eight participants. There is no cost to participate but donations to ORA - Loss
- and Living through HELP Canada are always welcome..