

Heart2Heart Grief Retreat

Connection, Sharing Circles, Activities

This one-day bereavement retreat for adults will provide support to bereaved individuals who have experienced a recent death loss.

Weaving together both **therapeutic** and **recreational** elements, sessions will be offered to help individuals grieve and remember together, in addition to time in peer groups.

Heart2Heart Retreat will be staffed by trained volunteers who have personal grief experiences and experience working with bereaved adults.

The day will also include optional opportunities for self-care and processing grief including: mindful meditation; creative arts; and recreational breaks allowing time outside, as weather permits.

When: November 14, 2026

9 a.m - 5 p.m

Where: St. Mark's Lutheran Church

3510 Queen Street, Regina

No fee to attend

Lunch and coffee breaks will be provided

Heart2Heart Retreat is supported by generous donations from our community through Hospitals of Regina Foundation.

Up to 50 spots available. If needed, priority will be determined by the Palliative Care Bereavement Coordinator.

To Register Please Contact:
Christina Cornwell
Palliative Care Services
at **306-766-2878** or
christina.cornwell@saskhealthauthority.ca

Saskatchewan Health Authority

saskhealthauthority.ca

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