

the great pain of **GRIEF**



Navigating the Journey of Mourning



In this meditative FREE retreat learn how to grieve through spiritual exercises, creating rituals, and knowing that you are not alone.



SIDE BY SIDE GRIEF SUPPORT MINISTRY



21

Nov 2026

9:45am–12:00pm

Mass at 9:10am

Followed by the retreat

St. Justin Martyr Parish

3898 Highway No. 7 East,
Markham



Register today!

Scan the QR code or email

stjustinmartyrun@archtoronto.org



Deacon Curtis Boone



You are not alone. We walk with you in hope.