



YWCA JUMP is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. *(Must provide documentation of record of landing.)*

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5

416.964.3883 | ywca-toronto.org/jump |     

PREPARING FOR THE UNEXPECTED

A series to help you plan & cope with sudden loss



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July 7, 14, 20, & 28, 2023 10-11:30a.m.

[Click here to register for this workshop](#)

To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*

Join us for this webinar series packed with helpful information and resources on what to expect when you or your family experience sudden loss. This series will focus on providing some peace of mind, as we discuss related topics and how to prepare ourselves for the unexpected.

We have guest speakers from CALC and Rexdale Legal Clinic, and Arbor Memorial, to ensure you get all the right information.

This four-part webinar series will touch on this difficult topic in a safe space, provide insightful and informative discussion and opportunities to ask questions.

You will learn:

- Real and valid concerns for planning ahead
- Considerations for funeral options
- Wills & legal issues
- Coping with loss and how to deal with grief

Session details continued on page 2



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PREPARING FOR THE UNEXPECTED SERIES

Planning Ahead – July 7, 2023 10-11:30a.m.

- Considerations when planning ahead.
- Actions to take when a loved one passes.
- Financial concerns.
- What to do if a loved one passes outside of Canada.

Funeral Options with Arbor Memorial– July 14, 2023 10-11:30a.m.

- Services offered at funeral homes.
- Funerals for various backgrounds and religions.

Wills & Legal Issues with Speakers from CALC and Rexdale Legal Clinic July 20, 2023 10-11:30a.m.

- The benefits & importance of having a will.
- Assigning an executor and naming a beneficiary.
- How to include your personal requests in wills.

Coping with Loss and How to Deal with Grief - July 28, 2023 10-11:30a.m.

- Bereavement and coping with grief.
- Review the five stages of grief.
- Support services & resources

For more information, please contact us at **416.964.3883** or jumpetobicoke@ywcatoronto.org

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