

IN COLLABORATION WITH:



MY LOVED ONE DIED... NOW HOW DO I COPE?

A VIRTUAL TOWNHALL ON GRIEF

PRESENTED BY:

Co-founders of Soch Mental Health, Maneet Chahal (RN, BScN, MSc) & Jasmeet Chagger (RN, BScN, MSc) are two passionate community change-makers with over 8 years of mental health nursing experience.

Guest Speakers:

- Dr. Simerpreet Sandhanwalia MD, FRCPC (EM), Co-founder of Frontline Connect Canada & The South Asian Covid Task Force
- Puneet Aujla, General Manager/Managing Funeral & Director
- Angie Rehal, Lived experience with grief

TOPICS:

- Discuss the impact of grief on South Asian community members while living through a pandemic
- Explore the stages of grief and highlight mechanisms of coping and seeking support
- Core themes may include: South Asian mental health stigma specific to grief, sociocultural views on grief, South Asian grieving rituals, and coping with loss

DATE OF EVENT
THURSDAY,
JULY 8th, 2021
6pm-7:30pm

PLEASE RSVP BY Wednesday, July 7th, 2021 TO:

Awais Ibrahim | aibrahim@induscs.ca or call 905-366-1010
Zoom link will be provided upon registration

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