

The History of New Beginnings

In 1977 with the blessing of the Archbishop of Toronto, Philip Pocock, Sr. Jean De Luca, CSJ directed the very first New Beginnings weekend retreat.

New Beginnings Today Consists of:

- Parish Based Peer Support Groups
- Saturday Retreats
- Seminars
- Professional Counselling

facebook

"New Beginnings Archdiocese of Toronto"

New Beginnings Team

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We welcome people from all ethnic,
cultural and religious backgrounds.



New Beginnings

*A ministry dedicated to assisting those
who have suffered a loss through separation,
divorce or death of a loved one.*



Catholic Family Services of Toronto is a
Catholic Charities member agency supported by
ShareLife.

Getting Started

Do not try to make big changes all at once – this is a recipe for failure.
What is normal and true for most grief?
You are not going crazy: grief actually does hurt that much!

PHYSICAL HEALTH

Grief-work is hard work that requires a lot of energy. So keep up your physical health!

TAKE CARE OF YOUR TOTAL SELF

Be gentle with yourself. This is a cardinal rule!

REFRAMING

Reframing is a powerful way to incorporate the loss of a beloved into your present life.

STAY CONNECTED

Join in a support group. The research literature shows that a well-run support group is as effective as therapy in dealing with grief.

PROFESSIONAL HELP

If you need it, get it! It is that simple!

Separated/Divorced

St. John of the Cross R.C. Church

6890 Glen Erin Dr.
Mississauga
(905) 821-1331

St. Christopher's R.C. Church

171 Clarkson Rd. N.
Mississauga
(905) 822-1171

St. Mary's R.C. Church

66A Main St. S.
Brampton
(905) 451-2300

St. Clare of Assisi R.C. Church

150 St. Francis Ave.
Woodbridge
(905) 653-8000

St. Leo's R.C. Church

277 Royal York St.
Etobicoke
(416) 251-1109

St. Basil's R.C. Church

50 St. Joseph St.
Toronto
(416) 926-7110

St. Mary Immaculate R.C. Church

10295 Yonge St.
Richmond Hill
(905) 884-1784

St. Mary's R.C. Church

65 Amelia St.
Barrie
(705) 728-2985

St. Bernadette's R.C. Church

21 Bayly St. E.
Ajax
(905) 683-1533

Bereavement

Sts. Peter and Paul R.C. Church

4070 Central Pkwy E.
Mississauga
(905) 273-6630

St. Anthony of Padua R.C. Church

940 North Park Dr.
Brampton
(905) 793-8030

Transfiguration of Our Lord R.C. Church

45 Ludstone Dr.
Etobicoke
(416) 247-0513

St. Peter's R.C. Church

830 Bathurst St.
Toronto
(416) 534 4219

St. Boniface R.C. Church

21 Markanna Dr.
Scarborough
(416) 261-5983

St. Patrick's R.C. Church

5633 Hwy. #7
Markham
(905) 294-5955