

## Making Connections and Building Communities Beyond Grief

As interests, relationships and circumstances change in grief, many people wish to participate in new activities and make new friends. The following organizations may offer programs in fitness, sports, health and wellness, dance, education, recreation/games, arts & crafts, music, meditation, computer classes, cultural events, special events, field trips, travel, etc. You are invited to use this list as a starting point.

**Active Adult Centre**, 377 Burnhamthorpe Road East, Suite 116, Mississauga (905) 615-3207  
<http://centralparkwaymall.com/active-adult-centre/>

**Mississauga seniors' Centre**, 1389 Cawthra Road, Mississauga (905) 615-4810  
<http://www.mississauga.ca/portal/residents/olderadults-seniorscentre>

**Mississauga Seniors Club Canada Inc.**, 2233 South Millway, Mississauga (905) 615-4770  
<http://www.mississaugaseniorsclub.com>

**Flower City Seniors Centre**, 8870 McLaughlin Road, Brampton (905) 874-3500  
<http://www.brampton.ca/EN/residents/Community-Centres/FCSC/Pages/Welcome.aspx>

**Fairfield Seniors Centre**, 80 Lothian Avenue, Etobicoke (416) 394-8705  
<http://seniortoronto.ca/content/fairfield-seniors-centre>

**Mimico Adult Learning Centre (TDSB)**, 255 Royal York Road, Etobicoke (416) 394-3809  
<http://www.tdsb.on.ca/Adult-Learners/Learn4Life>

**City of Mississauga Portal, 300 City Centre Drive, Mississauga**

Library - <http://www.mississauga.ca/portal/residents/library>

Recreation - <http://www.mississauga.ca/portal/residents/recreationandparks>

Discover - <https://www.discovermississauga.ca/>

Museums - <https://culture.mississauga.ca/museums>

**Brampton Library System**, Brampton (905) 793-4636  
<http://www.bramlib.on.ca/>

**Visual Arts Mississauga**, 4170 Riverwood Park Lane, Mississauga (905) 277-4313  
<https://www.visualartsmississauga.com/>

For further information or to access spiritual care or bereavement support, contact:



855 Matheson Blvd. East, Unit #1, Mississauga, ON L4W 4L6  
(905) 712-8119, Ext. 232 or 247