

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 Support Groups
- Day Retreats
- Seminars
- Professional Counselling

facebook

"New Beginnings Archdiocese of Toronto"

New Beginnings Team

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Testimonials

"A beautiful program, great for anyone who is mourning a loss of any kind... not just death."

"This was my first retreat/seminar. Happy I was able to attend. I appreciate having the event at my parish."

"It just may be that, the "NEW BEGINNINGS" program has saved at least this one lost sheep, whose once strong faith had been shaken to its very foundation through this broken marriage. Hopefully, many more will be saved if the program is expanded to meet the ever increasing, urgent needs of a large percentage The Church's suffering flock."

"Thank you Fr. Fred and team for the information and wisdom you brought us!! You put such critical and relevant material for our growth and well being."

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.

Bereavement

Sts. Peter and Paul

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

St. Anthony of Padua

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

St. Padre Pio

5500 Major MacKenzie Dr.
Kleinburg
(905) 893-7879

St. Peter's

830 Bathurst St.
Toronto
(416) 534 4219

St. Barnabas

10 Washburn Way
Scarborough
(416) 298-0989

St. Boniface

21 Markanna Dr.
Scarborough
(416) 261-5983

St. Patrick's

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

Separated/Divorced

St. John of the Cross

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

St. Mary's

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

St. Clare of Assisi

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

St. Mary's

65 Amelia St.
Barrie
(705) 728-2985

St. Peter's

830 Bathurst St.
Toronto
(416) 534-4219

St. Mary Immaculate

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

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!