



GILDA'S CLUB
GREATER TORONTO
An Affiliate of the
CANCER SUPPORT COMMUNITY

Treading Above Water

An education series about dying and death, facilitated by industry professionals.

Wednesday, March 4th, 2026



Sound as Support: Gentle Sound Healing for Grief, Stress, and Emotional Overwhelm

1:00 p.m. - 2:30 p.m.

Presenter: Montana Skurka, MT, E-CYT

Wednesday, March 11th, 2026



When Mourning Comes: Strategies to Help You Cope with Grief

1:00 p.m. - 2:00 p.m.

Presenter: Gloria Laus, RSSW

Wednesday, March 18th, 2026



Taking Care of Your Spiritual Health

1:00 p.m. - 2:00 p.m.

Presenter: Justin Appler, BA, MA, MPS

Wednesday, March 25th, 2026



Supporting Children & Families Through a Parent's Advanced Cancer and End of Life

1:00 p.m. - 2:00 p.m.

Presenters: Darian Rogers-Sysak MSc., CCLS, RECE, Amber Jellema MSc CLS Student Intern, Latoya Hillson MSc., CCLS