



Soaring Spirits Canada



Media Kit 2026

nadine@soaringspirits.ca

Tel: 877-671-4071 x716

ABOUT SOARING SPIRITS CANADA

Soaring Spirits Canada provides community, connection, and hope for widowed people across the country. Through peer support programs, practical tools, and virtual and in-person events, Soaring Spirits helps people rebuild their lives after loss.

Our mission is simple: **to make sure no widowed person grieves alone.**

We believe that healing happens through connection. When people who share the same loss come together to talk and listen, they lift one another up.

Learn more at www.soaringspirits.ca

ABOUT CAMP WIDOW®

Camp Widow® is a unique weekend event designed for widowed people by widowed people, combining workshops, social connection, and healing experiences, helping participants move forward with hope and strength. We welcome widowed people at every stage from newly widowed to seasoned widow.

Each workshop is filled with inspiration, practical tools for rebuilding, and opportunities to form lifelong friendships with others who truly understand.

"Camp Widow is an uplifting, life-affirming event planned for widowed people by widowed people." — Soaring Spirits Canada



Widowhood touches every person differently. At Soaring Spirits, we believe that anyone who has lost the person they shared their life with is widowed and belongs in our community.

Our programs are open to all, regardless of marital status, gender identity, sexual orientation, or religious background. If your partner has died and you see yourself as widowed, we see you that way too.

Soaring Spirits offers connection, understanding, and support for every widowed person, in all their diversity.

CAMP WIDOW® TORONTO

Dates: May 29–31, 2026

Location: Delta Hotels Toronto Airport & Conference Centre

Registration: \$700 CAD (full) / \$525 CAD (subsidized)

Website: <https://soaringspirits.ca/camp-widow/camp-widow-toronto/>

Highlights: - Workshops for every stage of widowhood - Keynote speakers, support sessions, and creative healing activities - Saturday night banquet and Sunday farewell breakfast - Optional one-on-one peer chats



CAMP WIDOW® CALGARY

Dates: September 25–27, 2026

Location: The Westin Calgary, Alberta

Registration: \$700 CAD (full) / \$525 CAD (subsidized)

Website: <https://soaringspirits.ca/camp-widow/camp-widow-calgary/>

This second Canadian Camp Widow brings the same uplifting weekend of connection and learning to Alberta. Attendees will experience educational sessions, workshops,

and heartfelt community gatherings designed to support every stage of the widowed journey.

BRIDGING THE GAP FROM ISOLATION TO HOPE

Losing a spouse or partner changes the fundamental landscape of a person's life. While grief is a universal experience, the isolation that often follows can be profound. At Soaring Spirits Canada, we believe that healing happens through connection.

- Peer support as a lifeline: When widowed people come together, they find a community that understands their loss without explanation. This shared understanding validates their experience and evokes the feeling of being “othered” by society.
- Validating the journey: This shared understanding validates the individual's experience and helps them to process it.
- Shortening the Distance to Hope: Access to a peer community is proven to shorten the time between despair and hope.
- A safe space for diversity: Widowhood touches every life differently. Connection allows people of all backgrounds – regardless of gender identity, sexual orientation, or religious belief – to find a common ground where their specific grief is honoured and supported
- A Shared Future: By connecting with others at various stages of grief, participants see that rebuilding a life with hope and strength is possible.

OUR IMPACT

Hundreds of widowed participants from across Canada have found hope and a sense of community through Camp Widow®.

Soaring Spirits offers a range of year-round supports, including virtual peer groups and regional gatherings in various communities across the country.

Camperships ensure that cost is never a barrier for those seeking support.

“These beautiful, strong widows/widowers help me so much. I found a place where I feel truly like I can be normal, people that understand what I am going through. I also feel encouraged to live again, that it is ok that I am

different from who I used to be. LONG LIVE LOVE!" — Camp Widow® Attendee.

"My first Camp Widow was an amazing experience. Unquestionably the most caring and inspiring group of people I will ever meet!" — Camp Widow® Toronto Attendee.

"Camp Widow has played a major part in my ability to handle the loss of my wife, and has been so helpful to me as a single dad. The connections and widowed friendships that I have made are priceless." — Camp Widow® Attendee.

WHY IT MATTERS

Losing a spouse or partner changes everything. Soaring Spirits Canada provides the tools, guidance, and community to help widowed people rebuild their lives and rediscover themselves.

When widowed people connect, they remind one another that love lives on—and that healing is possible.

"We know that the distance between hope and despair is different for everyone, and that access to a peer community is proven to shorten that distance." — Soaring Spirits International

THE POWER OF PARTNERSHIP

Soaring Spirits Canada is actively seeking to build strategic partnerships with organizations that share our commitment to community well-being and compassionate support.

As a registered charity, our ability to provide life-changing resources depends on the strength of our network. We are reaching out to explore how we might work together to enhance the support systems available to widowed Canadians.

- Share impact: By partnering with us, your organization helps ensure that no widowed person has to navigate their grief in isolation
- Expanding Accessibility: Your support can directly fund "Camperships", which are essential in removing financial barriers for individuals seeking the healing environment of Camp Widow®

- Community Visibility: A partnership allows your organization to be recognized as a champion of hope and resilience within a diverse, nationwide community
- Bridging the Gap: Collaborative efforts help us provide the practical tools and peer-led guidance proven to shorten the distance between despair and hope.

Soaring Spirits Canada is a registered charity 7983 38463 RR0001

MEDIA CONTACT

Soaring Spirits Canada Communications Team

Email: nadine@soaringspirits.ca

Phone: 877-671-4071 ext. 716

Website: www.soaringspirits.ca

Press photos and testimonials are available upon request.



Together, we ensure
no widowed person
grieves alone