



MEDIA RELEASE

Butterfly Bereavement Project: A Community Art Therapy Workshop and Future Installation for Grief, Love & Remembrance

Owen Sound, Ontario – Wednesday, May 21, 2026 – Grey Bruce Art Therapy & Associates and Oak & Acorn Psychotherapy in partnership with the Owen Sound & North Grey Union Public Library will be presenting the Butterfly Bereavement Art Therapy Workshop, facilitated by registered Art Psychotherapist, Aldona Morrison on June 2nd, 2026 from 1-2pm.

This community-based art therapy initiative invites individuals to decorate a butterfly in memory of a loved one who has died. Each butterfly will become part of a collective memorial installation at the Library for National Grief & Bereavement Day in November—an expression of grief, love, and remembrance. Together, these butterflies carry a shared message: *you are not alone*.

Participants are invited to create their butterflies independently, with an art therapist nearby for gentle support. This session offers space for meaningful dialogue about grief, opportunities for psychoeducation, and the normalization of the natural cycles of grief responses. Following creation, individuals leave their butterflies at the Library to become part of the memorial installation later in the year.

Spaces and supplies are limited. To guarantee participation email the Library to register at info@library.osngupl.ca or call 519-376-6623 ext. 3 or visit the Library's event calendar to register online: owensound.libcal.com. All ages are welcome to attend. There is no cost associated with this program.

Learn more about Grey Bruce Art Therapists and Associates at greybrucearttherapyandassociates.ca.

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For more information, please contact Nadia Danyluk, Deputy Chief Librarian at phone number 519-376-6623 ext. 5210 or email to ndanyluk@library.osngupl.ca

Owen Sound & North Grey Union Public Library is located at: 824 1st Avenue West, Owen Sound, Ontario, N4K 4K4