



Dying to Know in 2022

Dying to Know is open to anyone interested in a variety of topics that help us to live well while facing uncertainty. The seminars provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.

The sessions are on the **3rd Tuesday of each month from 6 - 7:30 pm on Zoom**, and feature expert speakers and professionals. Register online at <https://www.hospicecalgary.ca/education/>.

All sessions are free of charge. Hospice Calgary is a not-for-profit organization. Donations in support of this program help us build capacity in our communities and can be made online at <https://www.hospicecalgary.ca/donate/>. Tax receipts are available.

Upcoming Sessions

JANUARY 18 – Being with Uncertainty and Finding Wholeness

Have you ever wondered how you could possibly find joy in the midst of suffering? To be at peace in times of uncertainty could be one of our greatest challenges. Dr. Allan Donsky, Psychiatrist will help us understand how we can be with uncertainty and yet...choose compassion.

FEBRUARY 15 – As the Last Chapter Approaches

People remember the death of their family members or friends until their own last breath. Hospice Calgary's Medical Director Dr. Kim Finvers and Heather Gladstone RN will provide information on what to expect in the last months to days of life and how we can help. (See *Life's Last Chapter* resource at <https://www.hospicecalgary.ca/lifelastchapter/>)

MARCH 15 – Caring for Oneself through Self Compassion & Self Care

No matter what the many roles are that we fulfill, this journey requires us to care for and pursue wellness in a variety of ways so that we can care for others. Through the practice of self-compassion and self-care, we become aware of ourselves and ways in which our well-being can be sustained. Kristy Gauld-Dyer, Hospice Calgary's Spiritual Care Coordinator will share insights into the practice of self-compassion and ideas/resources for self-care.

2022 PROGRAM

JANUARY 18, 2022

Being with Uncertainty & Finding Wholeness

FEBRUARY 15, 2022

As the Last Chapter Approaches

MARCH 15, 2022

Caring for Oneself through Self Compassion & Self Care

APRIL 19, 2022

Reflections on Caregiving

May 17, 2022

Dreams & Visitations at the End of Life

JUNE 21, 2022

Cross Cultural Beliefs, Traditions and Funeral Customs

SEPT 20, 2022

What is Hospice & Palliative Care?

OCT 18, 2022

Advanced Care Planning

NOV 15, 2022

Funeral Planning

To register for our seminars, for current information on our education opportunities and to access additional resources, visit our website or contact our team:

[hospicecalgary.ca](https://www.hospicecalgary.ca) | info@hospicecalgary.ca | 403-263-4525 | [f](#) [t](#) [in](#)