

DYING TO KNOW

2023 WINTER SEMINARS

Living with
**Advanced
Illness**
Centre
Hospice Calgary

Dying to Know seminars are 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 take place over Zoom and feature expert speakers and professionals.

REGISTER ONLINE AT
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 hospicecalgary.ca/donate.

Tax receipts are available.

For current information on our education opportunities and to access additional resources, visit our website or contact our team:

hospicecalgary.ca

info@hospicecalgary.ca

403-263-4525



JANUARY 17 | 6:00 PM - 7:30 PM

How to Talk with Children About Advanced Illness

presented by Nadine Gariepy-Fisk
Director of Hospice Calgary's Children's Grief Centre.

When someone in the family has a life-threatening illness, the whole family is impacted by the many changes, the concerns and the unknown. Adults may choose to avoid talking to children about the illness to protect them from pain and distress. However, when children are not informed, they often feel excluded, alone, and isolated. Learn about the importance of talking with young people about the hard stuff.

FEBRUARY 21 | 6:00 PM - 7:30 PM

Cross Cultural Beliefs, Traditions, & Funeral Customs

presented by Kathy Cloutier
Manager of Community Relations with McInnis & Holloway Funeral Homes.

Learn about the basic beliefs, customs, and traditions of other cultures that may be unfamiliar to you. Kathy will share her extensive experience with the human need that crosses all cultures – the need for understanding in the sorrow of death.

MARCH 21 | 6:00 PM - 7:30 PM

Being with Uncertainty & Finding Wholeness

presented by Dr. Allan Donsky
Psychiatrist and Professor.

One of our greatest challenges may be finding peace in times of uncertainty. Understand how choosing compassion can help us be with uncertainty and find joy in the midst of suffering.