

DYING TO KNOW

2023 FALL SEMINARS

FREE

Living ^{with}
Advanced
Illness

Centre

Dying to Know seminars are held online at no cost and 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.



SEPTEMBER 19 | 6:00 PM – 7:30 PM

Partnering with Family Caregivers in Palliative Care

presented by Dr. Sharon Anderson & Dr. Jasneet Parmer
Dept. of Family Medicine, U of AB

Family caregivers play a vital role in our healthcare system. Learn how healthcare providers can support caregivers. Recognize the importance of identifying and supporting caregivers' own needs, preferences, and well-being. Gain tools to ensure the necessary support is attainable.



OCTOBER 17 | 6:00 PM – 7:30 PM

Practical Tools for Mindfulness in Times of Uncertainty

presented by Dr. Nicole Libin, PhD.
Certified Mindfulness Educator, Adjunct Professor & Author

Mindfulness is the practice of paying attention to the present moment in a non-judgmental, and kind way. While it cannot eliminate pain or illness, mindfulness does offer us a practical way to train our brains so that we can respond to those stimuli in a more balanced, and compassionate way.



NOVEMBER 21 | 6:00 PM – 7:30 PM

Identifying & Prioritizing Caregiver Support

presented by Dr. Sharon Anderson & Dr. Jasneet Parmer
Dept. of Family Medicine, U of AB

The Caregiver Centred Care Competency Framework was introduced in the September 2023 Dying to Know Series. This presentation expands further on the foundational and advanced education available to effectively incorporate caregiver needs assessment in your practice as a health care provider.



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