



Community  
Death Care  
Project

# DEC 2024 JAN 2025 PROGRAM GUIDE

生命  
终点  
资源

# 2024年12月 2025年1月

# 活动指南时间表



**THIS PROJECT IS A COLLABORATION  
OF THE FOLLOWING ORGANIZATIONS**

# INTRODUCTION. 简介

Started in 2022, the Community Death Care Project is site-specific, aimed at supporting the vulnerable communities who are connected to Vancouver's Downtown Eastside (DTES) and Chinatown areas. The programs in this guide aim to offer compassionate support and practical resources for navigating grief, loss, and the end-of-life journey. Our goal is to empower you with the knowledge and tools needed to make informed decisions, honour loved ones, and find solace in a supportive community. Together, let's approach grief and death with dignity, respect, and a deep sense of care.

These programs will be delivered at the Carnegie Community Centre, 401 Main St, Vancouver, unless stated otherwise. Registration is required for one-off workshop or activity on a first-come-first-serve basis, DTES residents and those connected to the DTES will be prioritised. Drop-ins are welcome for recurring programs.

We will publish the program guide every two to three months. So please keep a look out for the Feb - Mar 2025 program guide.

生命终点资源于2022年在卡拿基社区中心开始。我们提供温哥华市东区和唐人街的居民或常在这个区活动的人士一系列与死亡相关的节目、讲座及工作坊。目的是想把人们常避忌的话题“死亡”正常化。通过不同的节目，我们也希望大家可以吸取所需的知识以便在人生终结的旅程上能做出明智及适合自己的决策。一次性的活动需提前报名，请留意节目表里的报名方式。报名次序先到先得，在这个区居住或活动的人士将有优先权。温馨提醒：节目表里的节目若无中文翻译就表示它将以英语进行。

# DECEMBER 2024

## Embracing Grief Through Art

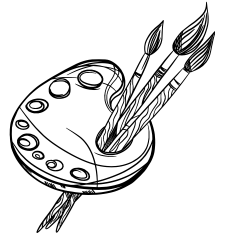
**19 DEC, THURSDAY**

1:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

The holiday season can be especially difficult when our loved ones are no longer with us. Join us for a supportive and creative Art Therapy session, where you can explore and express your emotions in a safe space. By the end of the session, you'll have crafted a personalized memorial box to remember your dear ones.

**Register in-person at the Carnegie Library or call 604-665-3010 ext. 0**



## Embracing Grief Through Art (Mandarin/Cantonese)

### **用艺术疗愈心灵 (国语/粤语)**

**12月19日 周四**

下午 1:00 - 4:00

卡拿基社区中心一楼剧场

当您挚爱的亲友已不在人世，过年过节总会比较难。我们将通过艺术来帮您疗愈您的心灵，并教您如何制作一个纪念盒来缅怀已过世的他们。

**需报名, 请联络林小姐 604-307-7920, 或到卡拿基图书馆跟职员报名。**



# DECEMBER 2024

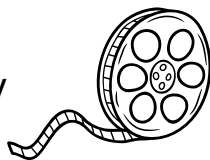
## Death and Reflection Film Series

**28 DEC, SATURDAY**

Bimonthly on Every Fourth Saturday

Starting at 2:00 pm

Theatre @ Carnegie CC Main Floor



### Collateral Beauty

**Starring Will Smith, Kate Winslet, Edward Norton**

Retreating from life after a tragedy, a man questions the universe by writing to Love, Time, and Death. Receiving unexpected answers, he begins to see how these things interlock and how even loss can reveal moments of meaning and beauty. Drop-ins are welcome!

WILL SMITH  
EDWARD NORTON  
KEIRA KNIGHTLEY  
MICHAEL PEÑA  
NAOMIE HARRIS  
JACOB LATIMORE  
WITH KATE WINSLET  
AND HELEN MIRREN



**COLLATERAL  
BEAUTY**

# JANUARY 2025

## Light For The Soul

**1 JAN, WEDNESDAY**

3:00pm - 5:30 pm

Learning Centre @ Carnegie 3rd Floor



Create an artistic stained-glass candle holder using tissue paper. Let it reflect the unique memories and spirit of the loved ones who are no longer with us. At the end of the workshop, we'll light the candles together and send a message of love to our dearly departed. May their light continue to shine in our hearts, guiding us with peace as we step into 2025. Dinner is provided.

**Register in-person at the Carnegie Library or call 604-665-3010 ext. 0**

## Light For The Soul (Mandarin/Cantonese)

### 心灵之光(国语/粤语)

**1月1日 周三**

下午 3:00 至 5:30

卡拿基社区中心三楼学习中心



学习制作艺术性的彩绘玻璃蜡烛台，让它承载已故亲友的独特回忆和精神。在工作坊结束之前，我们将一起点燃蜡烛，并写出对他们的思念。让他们继续在你的心中闪耀，平静地迎接2025年。我们将提供晚餐。

**需报名, 请联络林小姐 604-307-7920  
或到卡拿基图书馆跟职员报名。**

# JANUARY 2025

# RECURRING PROGRAMS

## Strides of Support

**STARTING FROM 12 JAN**

Second Sunday of the Month

10:30 am - 1:00 pm

Gather @ Carnegie CC 3rd Floor Gallery

A supportive walking group for those navigating the difficult journey of bereavement. Whether you're seeking a connection with others who understand or a quiet reflection through the walks in nature, join us and take a gentle step toward peace.

Register in-person at the Carnegie Library or call 604-665-3010 ext. 0



## What Is Palliative Care?

**16 JAN, THURSDAY**

2:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

An informative workshop on palliative care - a specialized medical care that focuses on improving the quality of life for those facing serious illness. Learn how to access this holistic care and emotional support during challenging times.

Register in-person at the Carnegie Library or call 604-665-3010 ext. 0



## DROP-INS WELCOME!

- Compassionate Singalong

1st & 3rd Mondays of the month

**2 & 16 DEC, 6 & 20 JAN, MONDAY**

2:00 pm - 4:00 pm



Classroom II @ Carnegie 3rd Floor

- Gentle Restorative Evening

2nd Thursday of the month

**12 DEC & 9 JAN, THURSDAY**

4:00 pm - 5:00 pm Restorative Yoga

5:30 pm - 6:30 pm Sound Bath

Theatre @ Carnegie CC Main Floor

- Community Grief Sharing

Last Wednesday of the month

**18 DEC & 29 JAN, WEDNESDAY**

5:30 pm - 7:30 pm

Learning Centre @ Carnegie 3rd Floor

**Dinner @ 5:30 and door closes @ 6 pm during the sharing session, kindly arrive before that.**

Please note the Dec session is not on the last Wed of the month due to Christmas.

# DECEMBER 2024

十二月

# JANUARY 2025

一月

SUN	MON	TUE	WED	THURS	FRI	SAT
<b>1</b>	<b>2</b> 2:00 - 4:00 Compassionate Community Choir	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> 2:00 - 4:00 Compassionate Community Choir	<b>17</b>	<b>18</b> 5:30 - 7:30 Community Grief Sharing	<b>19</b> 1:00 - 4:00 Embracing Grief Through Art 用艺术疗愈心灵	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> 2:00 - 5:00 Death & Reflection Film Series
<b>29</b>	<b>30</b>	<b>31</b>				

			<b>1</b> 3:00 - 5:30 Light For The Soul 心灵之光	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 2:00 - 4:00 Compassionate Community Choir	<b>7</b>	<b>8</b>	<b>9</b> 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	<b>10</b>	<b>11</b>
<b>12</b> 10:30 - 1:00 Strides of Support	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> 2:00 - 4:00 What Is Palliative Care?	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> 2:00 - 4:00 Compassionate Community Choir	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 5:30 - 7:30 Community Grief Sharing	<b>30</b>	<b>31</b>	

# HOLIDAY GRIEF

## SURVIVAL GUIDE

*Acknowledge  
Your Emotions*  
It's ok to  
not feel ok.

*Allow yourself to say NO*  
Cancel that party.

*Get out in  
NATURE*

*Surround  
yourself  
with  
SUPPORTIVE  
people*

*VOLUNTEER*  
Draw comfort in  
helping people.

*Find a  
Comfortable Place  
to be SAD*

*Share  
Your  
memories  
&  
Honour  
Your loved  
ones*

*Create space  
for JOY*  
Grief and joy  
can co-exist.

*Create  
NEW  
traditions!*

# RESOURCES

## **BC BEREAVEMENT HELPLINE**



**WWW.BCBH.CA**

Grief Support Helpline: 604-738-9950 or  
1-877-779-2223

## **HOPE FOR WELLNESS HELPLINE**



**WWW.HOPEFORWELLNESS.CA**

1-855-242-3310

24/7 support for all Indigenous people across Canada

## **VANCOUVER HOSPICE**



**WWW.VANCOUVERHOSPICE.  
ORG/SERVICES/GRIEF-SUPPORT/**

Grief support & hospice info: 604-737-7305

## **CRISIS CENTRE OF BC**



**WWW.CRISISCENTRE.BC.CA**

24/7 Crisis Line: 310-6789

National Suicide Crisis Helpline: 998 (call or text)

## **ZERO BLOCK SOCIETY**

Community Care & Grief Circle

**382 Main St (the Listening Post)**

Tuesdays

5 pm - 7 pm (Drop-in), 7 pm onwards - Grief Circle