



Community  
Death Care  
Project

# FEB & MAR 2025 PROGRAM GUIDE

生命  
终点  
资源

# 2025年2月及3月 活动指南时间表



THIS PROJECT IS A COLLABORATION  
OF THE FOLLOWING ORGANIZATIONS

# INTRODUCTION. 简介

# FEBRUARY 2025

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 months. So please keep a look out for the Apr-May 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。

## Understanding MAiD (*Medical Assistance in Dying*) *From Medical Procedures to Personal Stories*

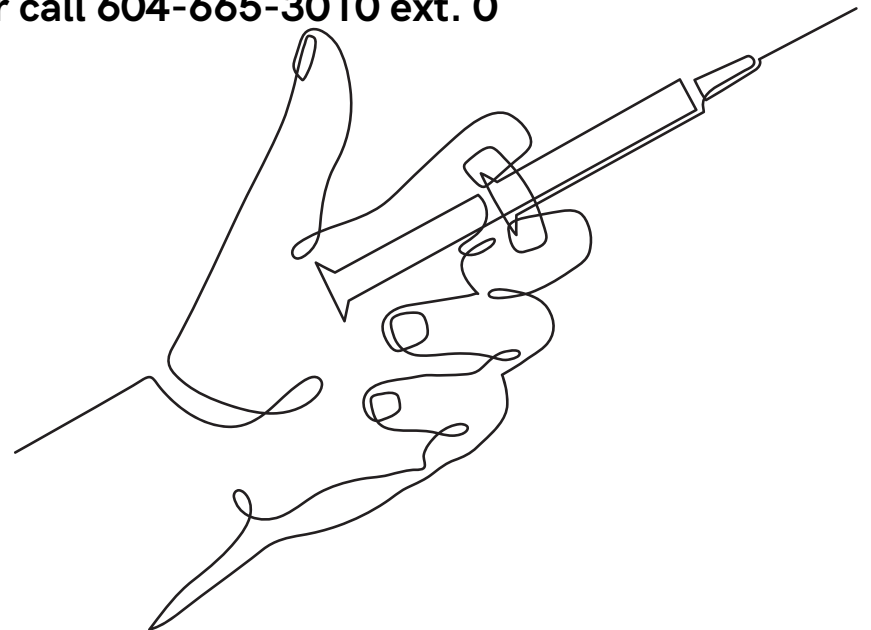
**20 FEB, THURSDAY**

1:30 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

This panel brings together professionals and personal voices to shed light on the realities of Medical Assistance in Dying (MAiD). With experts in palliative care, social work, research, and first-hand volunteer and family experience, the conversation aims to clear misconceptions and provide factual, unbiased information about the process, its regulations, and emotional and psychological implications for everyone involved.

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



# FEBRUARY 2025

## Death and Reflection Film Series

**22 FEB, SATURDAY**

Bimonthly on Every Fourth Saturday

Starting at 2:00 pm

Theatre @ Carnegie CC Main Floor

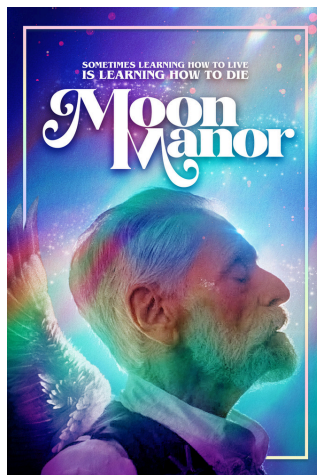
### My Heart Attack

This animated short tells the true story of a "nice Jewish boy with Buddhist inclinations" who suffers a heart attack. At the crossroads of documentary and animation, the film combines wry humour and philosophical musings to show that, sometimes, what feels like the end is really only just the beginning.



### Moon Manor

With advancing Alzheimer's and a determination to do things his way, Jimmy decided to throw himself a fabulous FUNeral before his intentional death, showing his estranged brother, salt-of-the-earth caretaker, sharp-witted death doula, a novice obituary writer, a cosmic being, and the guests at his FUNeral — that sometimes the art of living just may be the art of dying.



# MARCH 2025

## 姑息治疗讲座

**国语讲座：3月6日 周四 下午2点至4点**

**粤语讲座：3月13日 周四 下午1点至3点**

卡拿基社区中心一楼剧场

请来了解姑息治疗。一种旨在提高面临重大疾病患者生活质量的医疗护理。若身患疾病，要怎样才能得到这种护理？护理又包括了些什么？请来听听专业医疗人员的讲解。

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。

## Palliative Care Workshop in Chinese

### **MANDARIN WORKSHOP**

6 March, Thursday

2:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

### **CANTONESE WORKSHOP**

13 March, Thursday

1:00 pm - 3:00 pm

Theatre @ Carnegie CC Main Floor

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

# RECURRING PROGRAMS

**DROP-INS WELCOME!**



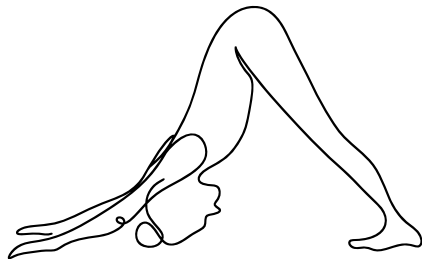
- **Compassionate Singalong**

*1st & 3rd Mondays of the month*

**3 & 17 FEB, 3 & 17 MAR, MONDAY**

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



- **Gentle Restorative Evening**

*2nd Thursday of the month*

**13 FEB & 13 MAR, THURSDAY**

4:00 pm - 5:00 pm Restorative Yoga

5:30 pm - 6:30 pm Sound Bath

Theatre @ Carnegie CC Main Floor

# RECURRING PROGRAMS

**DROP-INS WELCOME!**



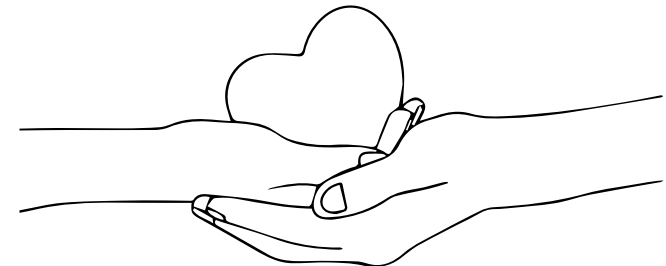
- **Strides of Support**

*2nd Sunday of the month*

**9 FEB & 9 MAR, SUNDAY**

10:30 am - 1:00 pm

Register @ Carnegie Library & gather @  
3rd floor Gallery on the day of.



- **Community Grief Sharing**

*Last Wednesday of the month*

**26 FEB & 26 MAR, 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.**

# MARCH 2025

## How To Disappear Completely.

**20 MAR, THURSDAY**

Dinner @ 5:30 pm | Show @ 7:30 pm

Historic Theatre (1895 Venables Street)

**OUT TRIP!**



### **A LIGHTING DESIGNER ILLUMINATES HIS MOTHER'S PASSING IN A BRAVE AND INTIMATE WORK OF THEATRE.**

Join us for a poignant outing as we attend a deeply moving play. Dinner will be served at Carnegie before we make our way to the Historic Theatre in Commercial. Please allocate 3.5 hours for this out trip, we should end before 9 pm.

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

# RESOURCES . 支援

## **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

## **SUCCESS HELPLINE | 中侨协助支持热线**

Mandarin Line: 1(888) 721-0596 ext. 1

国语: 1(888)-721-0596 / 拨通按1

Cantonese Line: 1(888) 721-0596 ext. 2

粤语: 1(888)-721-0596 / 拨通按2

# FEBRUARY 2025

二月

# MARCH 2025

三月

SUN	MON	TUE	WED	THURS	FRI	SAT
						<b>1</b>
<b>2</b>	<b>3</b> 2:00 - 4:00 Compassionate Singalong	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> 10:30 - 1:00 Strides of Support	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> 2:00 - 4:00 Compassionate Singalong	<b>18</b>	<b>19</b>	<b>20</b> 1:30 - 4:00 Understanding MAID Panel	<b>21</b>	<b>22</b> 2:00 - 5:00 Death & Reflection Film Series
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 5:30 - 7:30 Community Grief Sharing	<b>27</b>	<b>28</b>	

SUN	MON	TUE	WED	THURS	FRI	SAT
						<b>1</b>
<b>2</b>	<b>3</b> 2:00 - 4:00 Compassionate Singalong	<b>4</b>	<b>5</b>	<b>6</b> 2:00 - 4:00 姑息治疗讲座 (国语)	<b>7</b>	<b>8</b>
<b>9</b> 10:30 - 1:00 Strides of Support	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 1:00 - 3:00 姑息治疗讲座 (粤语) 4 - 5 Yoga 5:30 - 6:30 Sound Bath	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> 2:00 - 4:00 Compassionate Singalong	<b>18</b>	<b>19</b>	<b>20</b> 5:30 - 9:00 How To Disappear Completely	<b>21</b>	<b>22</b>
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b> 5:30 - 7:30 Community Grief Sharing	<b>27</b>	<b>28</b>	<b>29</b>