

Community
Death Care
Project



APR & MAY 2025 PROGRAM GUIDE

生命
终点
资源

2025年4月及5月 活动指南时间表



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

INTRODUCTION. 简介

APRIL 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 to three months. So please keep a look out for the June-July 2025 program guide.

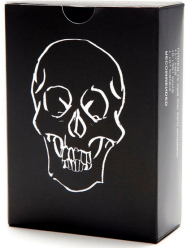
生命终点资源于2022年在卡拿基社区中心开始。我们提供温哥华市东区和唐人街的居民或常在这个区活动的人士一系列与死亡相关的节目、讲座及工作坊。目的是想把人们常避忌的话题“死亡”正常化。通过不同的节目，我们也希望大家可以吸取所需的知识以便在人生终结的旅程上能做出明智及适合自己的决策。一次性的活动需提前报名，请留意节目表里的报名方式。报名次序先到先得，在这个区居住或活动的人士将有优先权。温馨提醒：节目表里的节目若无中文翻译就表示它将以英语进行。

Death Conversation Game

2 APR, WEDNESDAY

1:00 pm - 3:00 pm

Learning Centre @ Carnegie 3rd Floor



Take part in another round of DCG! In a safe and supportive environment, let's have an open and meaningful discussions about death. Through thought-provoking questions and scenarios, join us in breaking down barriers and deepening our own understanding of life's most profound experience.

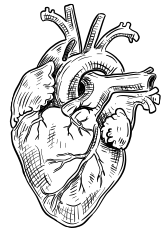
Register in-person at the Carnegie Library or call 604-665-3010 ext. 0

Gift of Life - The Impact of Organ Donation

17 APR, THURSDAY

2:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor



Join us for an insightful and heartfelt workshop on organ donation. Gain a deeper understanding of the donation process and hear from an organ recipient of their life-changing story.

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

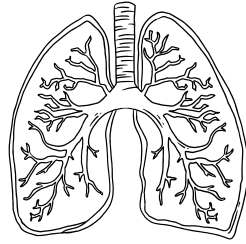
APRIL 2025

生命的礼物-器官捐赠讲座 (国语)

4月17日 周四

下午 2:00 至 4:00

卡拿基社区中心一楼剧场



我们将带来一场资讯丰富的器官捐赠讲座。您将深入地了解捐赠过程并有机会听到一位器官接受者分享他们感人的故事。

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。

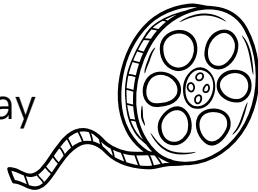
Death and Reflection Film Series

26 APRIL, SATURDAY

Bimonthly on Every Fourth Saturday

Starting at 2:00 pm

Theatre @ Carnegie CC Main Floor



DONATED TO SCIENCE

This award-winning film follows a group of medical students and their connection to the cadavers they dissect. The film culminates when students "meet" their donors through the original interviews.

THE FINAL MEMBER

Thirty miles from the Arctic Circle, stands the world's only Penis museum. Over 40 years, the founder and curator has collected every specimen from every mammal except for one: The Human Specimen.

APRIL/MAY 2025

Grief in Motion

24 APR & 1 MAY, THURSDAY

1:30pm - 3:30 pm

Theatre @ Carnegie CC Main Floor

Participate in a transformative two-part workshop that combines grief exploration with body movement. Under the guidance of an experienced dancer, participants will be encouraged to move their bodies intuitively and creatively, allowing the instinctual physical movement to unlock and express their emotions. The workshop series is designed as a progressive learning experience, attending both sessions will offer you the most meaningful and rewarding experience.

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

哀伤转移工作坊 (国语.粤语)

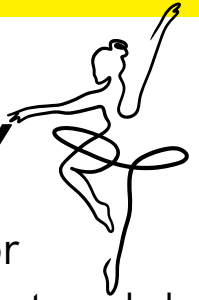
4月24日及5月1日 周四

下午 1:30 至 3:30

卡拿基社区中心一楼剧场

在经验丰富的舞蹈老师带领下, 我们将举办两场用肢体动作探索哀伤的工作坊。老师将指导参与者运用他们的直觉自由地摆动身体, 让那些动作解开并表达心底层的情感。工作坊分两个系列, 我们鼓励参与者都参加以便获得最有意义的体验。

需报名, 请联络林小姐 604-307-7920



Grief in Words

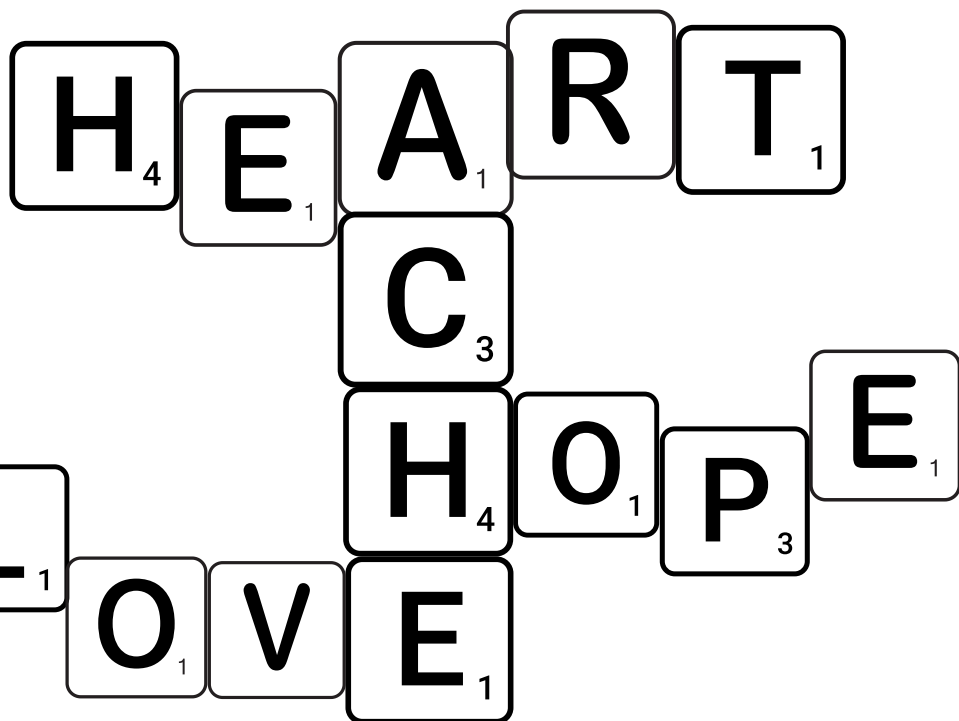
14 MAY, WEDNESDAY

1:00 pm - 3:00 pm

Learning Centre @ Carnegie CC 3rd Floor

We invite you to engage in a creative and reflective activity using word tiles to explore different aspects of grief. You will receive a set of tiles and be tasked with forming words related to various grief topics. Share the significance of the words you've created, offering personal insights and reflections in a supportive environment.

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



DROP-INS WELCOME!



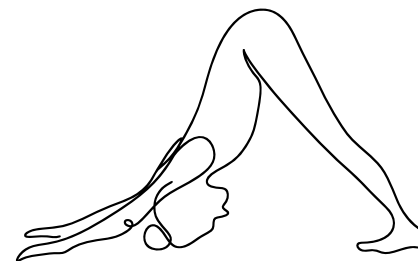
- **Compassionate Singalong.**

1st & 3rd Mondays of the month

7 & 21 APR, 5 & 19 MAY, MONDAY

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



- **Gentle Restorative Evening.**

2nd Thursday of the month

10 APR & 8 MAY, THURSDAY

4:00 pm - 5:00 pm Restorative Yoga

5:30 pm - 6:30 pm Sound Bath

Theatre @ Carnegie CC Main Floor

RECURRING PROGRAMS

RESOURCES . 支援

DROP-INS WELCOME!



- **Strides of Support**

2nd Sunday of the month

13 APR & 11 MAY, 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

30 APR & 28 MAY, 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.**

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)

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

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

APRIL 2025

四月

MAY 2025

五月

SUN	MON	TUE	WED	THURS	FRI	SAT
		1	2 1:00 - 3:00 Death Conversation Game	3	4	5
6	7 2:00 - 4:00 Compassionate Singalong	8	9	10 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	11	12
13 10:30 - 1:00 Strides of Support	14	15	16	17 2:00 - 4:00 Gift of Life 生命的礼物	18 2:15 - 4:15 DCG in Chinese 死亡对话游戏	19
20	21 2:00 - 4:00 Compassionate Singalong	22	23	24 1:30 - 3:30 Grief in Motion Part I 哀伤转移工作坊 第一部	25	26 2:00 - 5:00 Death & Reflection Film Series
27	28	29	30 5:30 - 7:30 Community Grief Sharing			

SUN	MON	TUE	WED	THURS	FRI	SAT
				1 1:30 - 3:30 Grief in Motion Part II 哀伤转移工作坊 第二部	2	3
4	5 2:00 - 4:00 Compassionate Singalong	6	7	8 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	9	10
11 10:30 - 1:00 Strides of Support	12	13	14 1:00 - 3:00 Grief In Words	15	16	17
18	19 2:00 - 4:00 Compassionate Singalong	20	21	22	23	24
25	26	27	28 5:30 - 7:30 Community Grief Sharing	29	30	31