

Community
Death Care
Project

OCT & NOV 2025 PROGRAM GUIDE



生命
终点
资源

2025年10月及11月 活动指南时间表



THIS PROJECT IS A COLLABORATION
OF THE FOLLOWING ORGANIZATIONS

INTRODUCTION. 简介

OCTOBER 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 next 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。

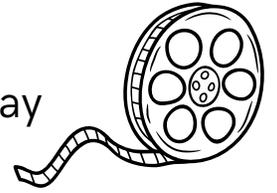
Death and Reflection Film Series

25 OCT, SATURDAY

Bimonthly on Every Fourth Saturday

From 2:00 pm

Theatre @ Carnegie CC Main Floor



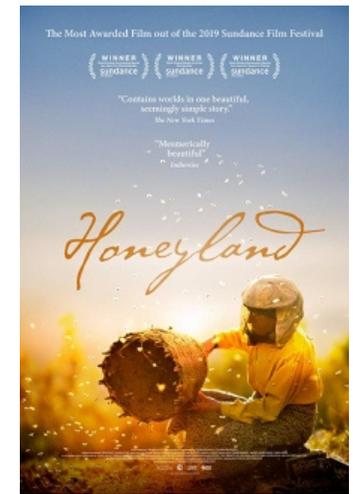
ELLAVUT CIMIRTUQ (OUR WORLD IS CHANGING)

In Southwest Alaska, thawing permafrost reveals a significant archaeological site, frozen in time. As the community races to save the artifacts from being washed away into the Bering Sea, narratives of change and adaptation are rewritten.



HONEYLAND

In "Honeyland," one of Europe's last female wild beekeepers fights to protect the bees and restore balance when nomadic beekeepers threaten her way of life. Filmed in Macedonia, the film offers a powerful, observational look at our relationship with nature and each other.



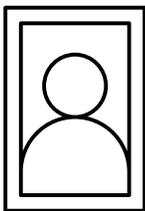
NOVEMBER 2025

In Loving Memory.

6 NOV, THURSDAY

5:00 pm - 7:00 pm

Seniors Lounge @ Carnegie Basement



Join us for a hands-on session to honour our collective ancestors and beloved dead through shrine making and community ritual. Facilitated by Marina Szijarto, a lifelong professional artist who started the Loving:Memory Shrines, a community project of remembrance and reverence. She's also the co-creator of "Night For All Souls" held at Mountain View Cemetery in the last two decades.

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

追思纪念 (粤语/国语)

11月6日 周四

傍晚 5:00 至 7:00

卡拿基社区中心地下长者室



欢迎和我们一同通过祭坛制作和社区仪式来纪念我们共同的祖先和逝去的亲人。本活动由 Marina Szijarto 主持，一位终身从事艺术创作的专业艺术家，也是 "Loving:Memory Shrines" (爱的记忆祭坛) 这一纪念与敬仰的社区项目的发起人。

**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。**

NOVEMBER 2025

The Final Matters

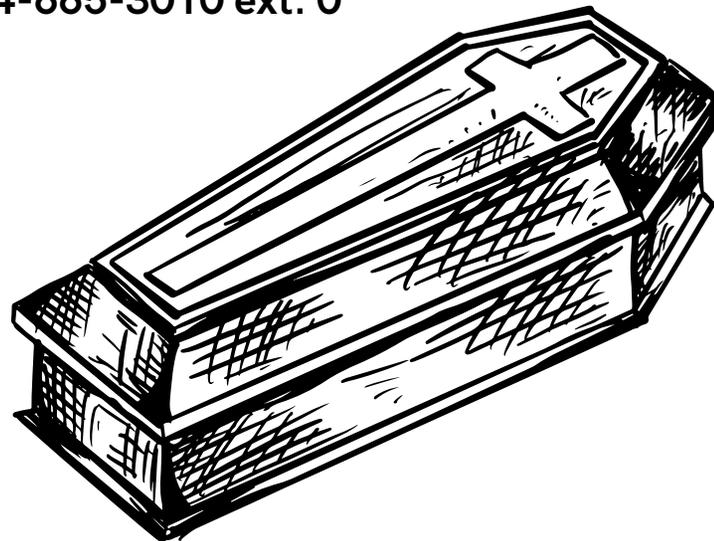
20 NOV, THURSDAY

2:00 pm - 4:00 pm

Theatre @ Carnegie CC Main Floor

Planning for death may feel daunting, but it is one of the most meaningful gifts we can leave for our loved ones. Participate in a practical workshop designed to help you explore end-of-life planning with clarity and intention. Whether you're planning for yourself or someone you love, this workshop offers guidance to help ensure that final matters are met with purpose and care. Facilitated by Memorial Society of British Columbia, a non-profit organisation that have been offering compassionate support for people in their end-of-life arrangements since the 1950s.

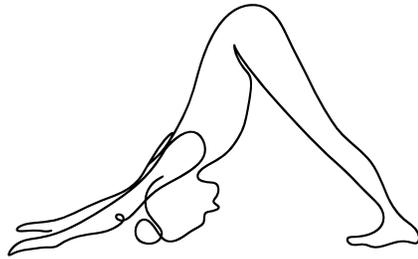
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RECURRING PROGRAMS

RECURRING PROGRAMS

DROP-INS WELCOME!



Gentle Restorative Evening

2nd Thursday of the month

9 OCT & 13 NOV, THURSDAY

Theatre @ Carnegie CC Main Floor

4:00 pm - 5:00 pm Restorative Yoga

5:30 pm - 6:30 pm Sound Bath

疗愈之夜

每月第二个星期四

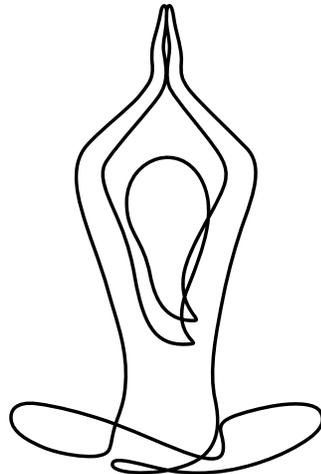
10月9日及11月13日 周四

卡拿基社区中心一楼剧场

下午 4:00 至 5:00 修复瑜伽

下午 5:30 至 6:30 音浴治疗

无需报名, 人人欢迎!



DROP-INS WELCOME!



- *Compassionate Singalong*

1st & 3rd Mondays of the month

6 & 20 OCT, 3 & 17 NOV, MONDAY

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



- *Community Grief Sharing*

30 OCT, THURS Seniors Lounge @ Basement

26 NOV, WED Learning Centre @ 3rd Floor

5:30 pm - 7:30 pm

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

BODY DISPOSITION

RESOURCES . 支援

Bodies are either buried or cremated in BC



Burial Options



In-Ground

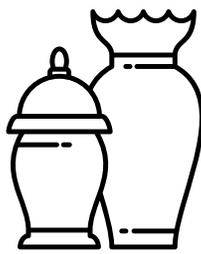
- Traditional Casket Burial
- Green Burial (body is buried in a biodegradable casket to allow them to return to the earth)

Above-Ground

- Mausoleum (Structure in a cemetery where the casket is placed in a granite/marble constructed compartments called crypt)

After Cremation

- **Ground burial** of the urns or cremated remains.
- Keep the cremated remains in an urn **at home**.
- **Scattering** - most cemeteries have small plots for scattering. Ashes can also be scattered in private or public land/water after permission is granted by the owner/government.
- **Columbarium** - structure in a cemetery where urns of the cremated remains are placed in small compartments called niches.



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

OCTOBER 2025

十月

NOVEMBER 2025

十一月

SUN	MON	TUE	WED	THURS	FRI	SAT
			1	2	3	4
5	6 2:00 - 4:00 Compassionate Singalong	7	8	9 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	10	11
12	13	14	15	16	17	18
19	20 2:00 - 4:00 Compassionate Singalong	21	22	23	24	25 2:00 - 5:00 Death & Reflection Film Series
26	27	28	29	30 5:30 - 7:30 Community Grief Sharing	31	

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2	3 2:00 - 4:00 Compassionate Singalong	4	5	6 5:00 - 7:00 In Loving Memory 追思紀念	7	8
9	10	11	12	13 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath	14	15
16	17 2:00 - 4:00 Compassionate Singalong	18	19	20 2:00 - 4:00 The Final Matters	21	22
23/30	24	25	26 5:30 - 7:30 Community Grief Sharing	27	28	29