

Community
Death Care
Project

DEC 2025 JAN 2026 PROGRAM GUIDE



生命
终点
资源

2025年12月
2026年1月
活动指南时间表



THIS PROJECT IS A COLLABORATION
OF THE FOLLOWING ORGANIZATIONS

INTRODUCTION. 简介

DECEMBER 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 next program guide.

生命终点源于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。

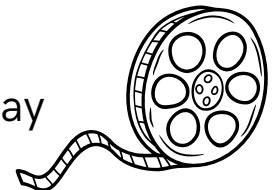
Death and Reflection Film Series

27 DEC, SATURDAY

Bimonthly on Every Fourth Saturday

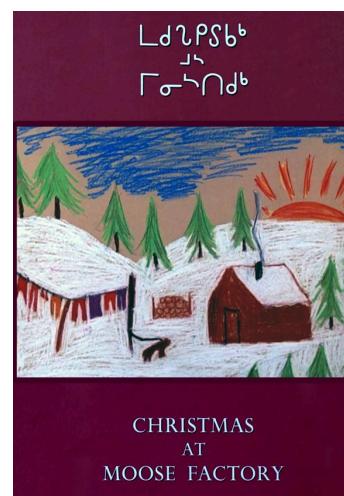
From 2:00 pm

Theatre @ Carnegie CC Main Floor



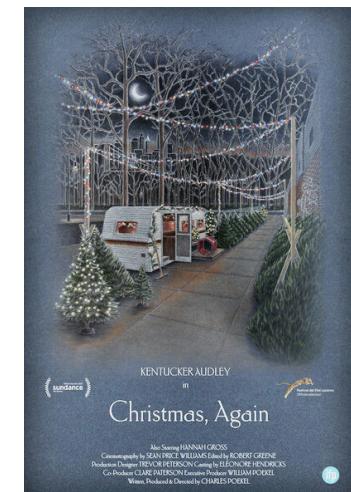
CHRISTMAS AT MOOSE FACTORY

Released in 1971 and shot at a residential school in Northern Ontario, the film depicts Christmas in the Moose Factory settlement through the narratives of Cree children and the crayon drawings they created.



CHRISTMAS AGAIN

Each December, a heartbroken Noel returns to New York to work the night shift at a sidewalk Christmas tree lot. Exhausted and sinking into despair, he finds unexpected hope when he helps a mysterious young woman in the park and meets a handful of colorful customers.



JANUARY 2026

Light For The Soul

1 JAN, THURSDAY

3:30pm - 6:00 pm

Seniors Lounge @ Carnegie Basement

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 2026. 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)

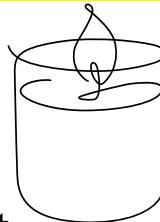
1月1日 周四

下午 3:30 至 6:00

卡拿基社区中心地下层长者室

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2026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 2026

What Matters to You - Goals of Care in DTES

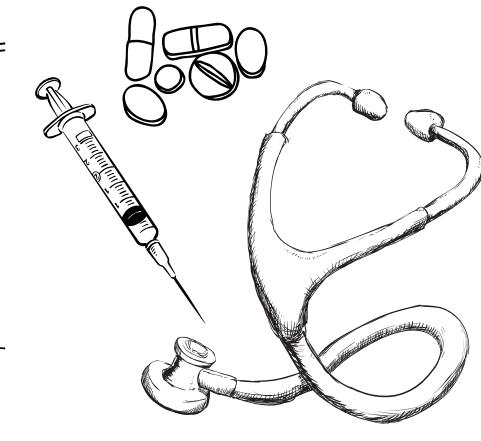
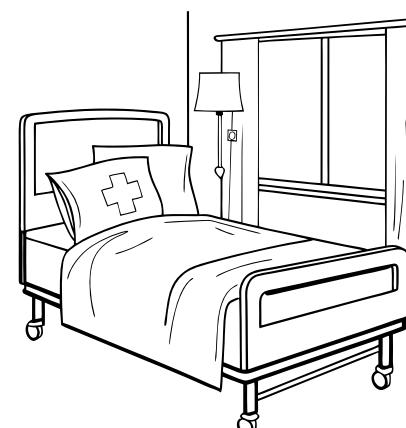
15 JAN, THURSDAY

2:00pm - 4:00 pm

Theatre @ Carnegie Main Floor

Join Dr. Naheed Dosani founder of Toronto's PEACH (Palliative Education and Care for the Homeless) team to explore lessons from the PEACH model and learn how to hold effective Goals of Care (GOC) conversations with people living with social and health inequities. Designed for healthcare and support workers in the DTES, this session also warmly invites community members to learn how GOC can help ensure their wishes are respected across care settings. Practical, community-centered, and open to all.

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

1 & 15 DEC, 5 & 19 JAN, MONDAY

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



- **Community Grief Sharing**

28 JAN, WED

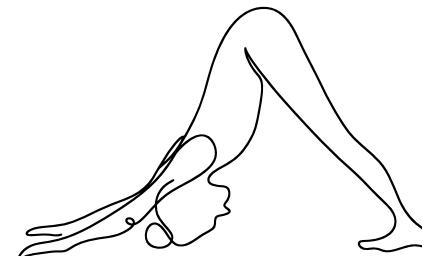
5:30 pm - 7:30 pm

Learning Centre @ 3rd Floor

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

RECURRING PROGRAMS

DROP-INS WELCOME!



Gentle Restorative Evening

2nd Thursday of the month

11 DEC & 8 JAN, 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

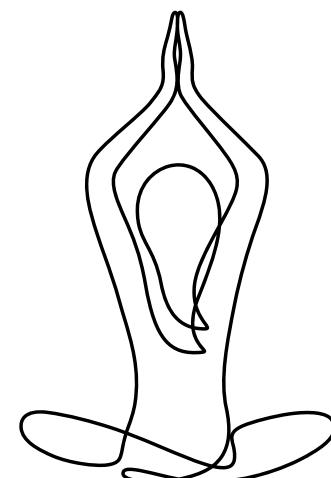
12月11日及1月8日 周四

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!



JANUARY 2026

Advance Planning Workshop

28 JAN, WEDNESDAY

12:30pm - 2:30 pm

Seniors Lounge @ Carnegie Basement

Presented by a lawyer for Seniors First BC, learn about tools to plan for your end-of-life journey -

- Joint Bank Account
- Wills
- Powers of Attorney
- Representation Agreements

For informational purposes only and not legal advice.

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

预先规划工作坊 (粤语)

1月28日 周三

中午12:30 至 2:30

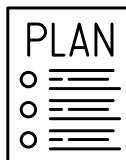
卡拿基社区中心地下层长者室

由 Seniors First BC 律师主讲，了解用于规划人生末期的重要工具：

- 联名银行账户
- 遗嘱
- 授权书 (委托书)
- 代表协议

本讲座仅供资讯参考，并不构成法律意见。

需报名, 请联络林小姐 604-307-7920



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)

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

DECEMBER 2025

十二月

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

JANUARY 2026

一月

| SUN | MON | TUE | WED | THURS | FRI | SAT |
|-----|---|---|-----|--|--|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | 3:30 - 6:00 Light For The Soul 心靈之光 | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 2:00 - 4:00 Compassionate Singalong | | | 4:00 - 5:00 Yoga 5:30 - 6:30 Sound Bath | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | | | 2:00 - 4:00 What Matters to You - Goals of Care in DTEs | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 2:00 - 4:00 Compassionate Singalong | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | 12:30 - 2:30 Advance Planning Workshop 5:30 - 7:30 Community Grief Sharing | | | | | |