

Community  
Death Care  
Project

# FEB & MARCH 2026 PROGRAM GUIDE



生命  
终点  
资源

# 2026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

# FEBURARY 2026

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。

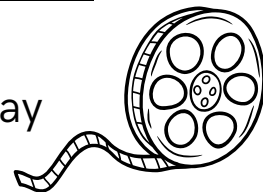
## Death and Reflection Film Series

**28 FEB, SATURDAY**

Bimonthly on Every Fourth Saturday

2:00 pm - 5:00 pm

Theatre @ Carnegie CC Main Floor



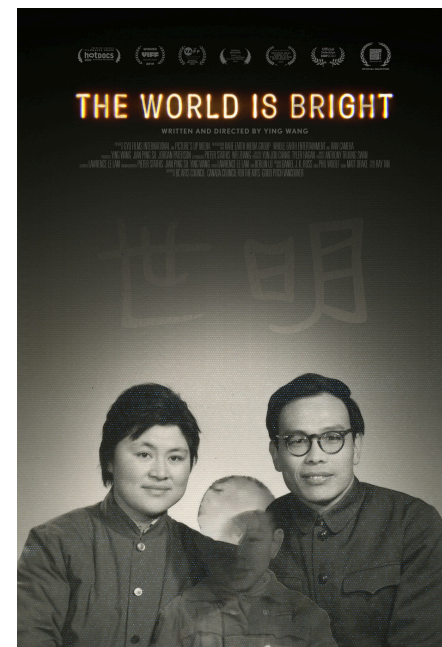
### **THE WORLD IS BRIGHT**

What would you do if your only child died mysteriously in another country and was buried sight unseen? Following the epic 10-year journey of an elderly Chinese couple searching for the truth behind their son's death in Canada, what starts as a murder mystery becomes something else entirely. The film is a rare revelation of immigration, mental health and a Kafkaesque state bureaucracy at the heart of global migration.

This film is primarily in Mandarin, with captions in English.

Join us for an afternoon of film screening followed by a Q&A with the filmmaker, Ying Wang.

**DROP-INS WELCOME!**



# FEBRURAY 2026

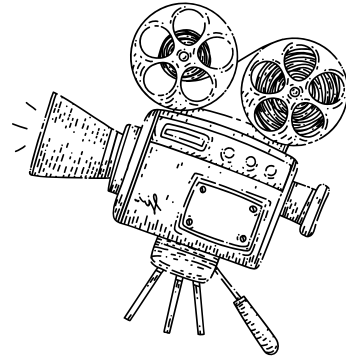
## 生死反思电影系列

### 世明

2月28日 周六

下午 2:00至5:00

卡拿基社区中心一楼剧场



要是你唯一的孩子在异国他乡突然离世，并在你未曾见到遗体的情况下被下葬，你会怎么做？影片追随一对年迈的中国夫妇，记录他们历时十年、远赴加拿大追寻儿子死亡真相的艰难旅程。故事起初看似一桩谋杀悬案，里头却揭示了艰难的移民经历、不被重视的心理健康问题及荒诞的国家官僚体制。

导演王璆将到场并在影片放映后和观众进行问答环节。

本片主要为普通话对白，配有英文字幕。

无需报名，欢迎您参加！



# MARCH 2026

## No Fixed Address - The White Cart Memorial

6 MAR, FRIDAY

5:00pm - 7:00 pm

Theatre @ Carnegie Main Floor



A powerful and intimate documentary that sheds light on a deeply overlooked aspect of the homelessness crisis - people's grief following the death of someone they care about. Through the voices and stories of individuals living with unstable housing, the film explores what it means to grieve without a house, and how loss echoes through a community already struggling to survive.

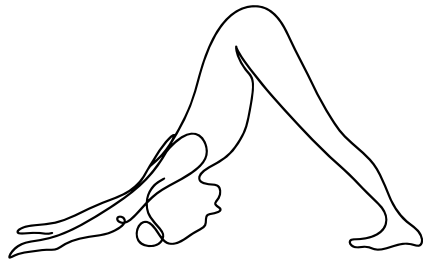
Please join us for the screening and discussion. Dinner will be provided. Drop-ins welcome!

**NO FIXED ADDRESS**  
the white cart memorial



# RECURRING PROGRAMS

## DROP-INS WELCOME!



Happening on the  
3<sup>rd</sup> Thursday in  
Feb & Mar due to  
operational needs

### Gentle Restorative Evening

~~2nd Thursday of the month~~

**19 FEB & 19 MAR, THURSDAY**

Theatre @ Carnegie CC Main Floor

4:00 pm - 5:00 pm Restorative Yoga

5:15 pm - 6:15 pm Sound Bath

**CHANGE OF TIME!**

### 疗愈之夜

~~每月第二个星期四~~

**2月19日及3月19日 周四**

卡拿基社区中心一楼剧场

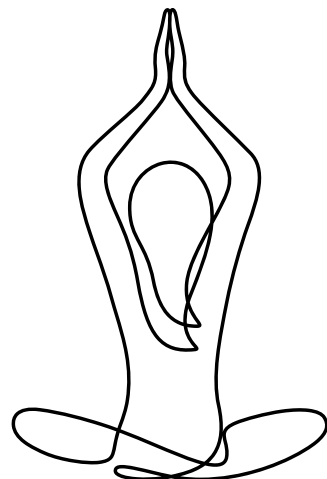
下午 4:00 至 5:00 修复瑜伽

下午 5:15 至 6:15 音浴治疗

**时间变更!**

**无需报名, 人人欢迎!**

因应营运需求, 将改在  
二、三月的第三个周四



## DROP-INS WELCOME!



### • Compassionate Singalong

*1st & 3rd Mondays of the month*

**2 & 16 FEB, 2 & 16 MAR, MONDAY**

2:00 pm - 4:00 pm

Classroom II @ Carnegie 3rd Floor



Accompanied by  
Therapy dog SEVEN

### • Community Grief Sharing

*Last Wednesday of the month*

**25 FEB & 25 MAR WED**

5:00 pm - 7:00 pm

Learning Centre @ 3<sup>rd</sup> Floor

**Dinner @ 5:00 and sharing after 5:30, kindly  
arrive before 5:30.**

**CHANGE OF TIME!**



FEBRUARY 2026

二月

MARCH 2026

月

SUN	MON	TUE	WED	THURS	FRI	SAT
1	2 2:00 - 4:00 Compassionate Singalong	3	4	5	6	7
8	9	10	11	12	13	14
15	16 2:00 - 4:00 Compassionate Singalong	17	18	19 4:00 - 5:00 Yoga 5:15 - 6:15 Sound Bath	20	21
22	23	24	25 5:00 - 7:00 Community Grief Sharing	26	27	28 2:00 - 5:00 The World is Bright 世明

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29	30	31				

# SUICIDE MYTHS AND FACTS

## **SUICIDE AFFECTS ANYONE**

**NO MATTER THEIR AGE, BACKGROUND OR GENDER.**

LET'S BREAKDOWN THE STIGMA BY TAKING TIME TO UNDERSTAND  
AND SUPPORT PEOPLE WHEN THEY NEED IT THE MOST.

## **MYTH: SUICIDE IS CAUSED BY MENTAL ILLNESS.**

FACT: THERE IS NO SINGLE CAUSE OF SUICIDE. MENTAL HEALTH  
PROBLEMS CAN INCREASE THE RISK OF SUICIDE BUT IT'S NOT THE ONLY  
CAUSE.

## **MYTH: IT'S DANGEROUS TO ASK IF SOMEONE IS CONSIDERING SUICIDE.**

FACT: TALKING ABOUT SUICIDE DOES NOT MAKE SOMEONE MORE  
SUICIDAL. THEY MAY BE GLAD THAT YOU ASKED. GIVE THEM THE SPACE  
TO TALK ABOUT THEIR FEELINGS AND LISTEN NON-JUDGMENTALLY.

## **MYTH: SUICIDE CAN BE PREDICTED.**

FACT: IT'S NEVER ANYONE'S FAULT FOR "MISSING" THE FLAGS OR FAIL  
TO PREDICT AND PREVENT A SUICIDE. EVEN TRAINED PROFESSIONALS  
CAN'T ALWAYS TELL WHO WILL END THEIR LIFE.

## **MYTH: SUICIDE IS A SIGN OF WEAKNESS.**

FACT: SUICIDE IS NOT A MORAL WEAKNESS OR CHARACTER FLAW.  
HAVING THESE ASSUMPTIONS CAN SHAME SOMEONE AND STOP THEM  
FROM SEEKING HELP. IT'S IMPORTANT TO TALK ABOUT SUICIDE SO THAT  
WE CAN BREAK DOWN THE STIGMA.

**SOURCES: 9-8-8 SUICIDE CRISIS HELPLINE  
AVAILABLE 24/7/365  
CALL / TEXT 988**



# 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: 988 (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