

Community
Death Care
Project

APR & MAY 2026 PROGRAM GUIDE

生命
终点
资源

2026年4月及5月 活动指南时间表



MAY 2026 . 五月

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

APRIL 2026 . 四月

SUN	MON	TUE	WED	THURS	FRI	SAT
5	6 2:00 - 4:00 Compassionate Singsong	7	8	9 4:00 - 5:00 Yoga 5:15 - 6:15 Sound Bath	10 11:15 - 3:30 Ching Ming 清明 追思先人	11
12	13	14	15	16	17	18
19	20 2:00 - 4:00 Compassionate Singsong	21	22	23	24	25 2:00 - 5:00 Whale Rider
26	27	28	29 5:00 - 7:00 Community Grief Sharing	30		

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



THIS PROJECT IS A COLLABORATION
OF THE FOLLOWING ORGANIZATIONS



**DROP-INS
WELCOME!**



Accompanied by
Therapy dog SEVEN

Ching Ming Remembering Our Ancestors

10 APR, FRIDAY

11:15 am - 3:30 pm

Gather @ Seniors Lounge

Join us at Mountain View Cemetery to honour and remember our ancestors/beloved dead in a community ceremony facilitated by Marina Szijarto. Stay after to share a meal & memories of those we love.

Register @ Carnegie Library /
call 604-665-3010 ext. 0



清明 追思先人

4月10日 周五

上午 11:15 至 下午 3:30

请当天到长者室集合

跟我们到山景墓园，参加由Marina Szijarto主持的社区仪式，一同缅怀与追思我们的祖先与至亲。之后请留下与我们共餐，分享你对他们的回忆与思念。

需报名，请联络林小姐 604-307-7920

Compassionate Singalong

1st & 3rd Mondays of the month

6 & 20 APR, 4 & 18 MAY, MON

2:00 pm - 4:00 pm

Classroom II @ 3rd Floor

Gentle Restorative Evening

2nd Thursday of the month

9 APR & 14 MAY, THURS

Theatre @ Main Floor

4:00 - 5:00 pm Restorative Yoga

5:15 - 6:15 pm Sound Bath



疗愈之夜

每月第二个星期四

4月9日及5月14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

傍晚 5:15 至 6:15 音浴治疗

无需报名，人人欢迎!

Community Grief Sharing

Last Wednesday of the month

29 APR & 27 MAY WED

5:00 pm - 7:00 pm

Learning Centre @ 3rd Floor

Dinner @ 5:00 and sharing after 5:30.
Kindly arrive before 5:30.

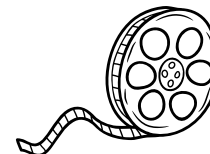
Death and Reflection Film Series

Bimonthly on every fourth Saturday

25 APR, SAT

2:00 pm - 5:00 pm

Theatre @ Main Floor



WHALE RIDER

A coming-of-age story about Pai, a young Māori girl who challenges tradition to prove she is destined to lead her tribe, guided by courage, heritage, and a deep spiritual bond with whales.

