

Community
Death Care
Project

JUNE & JULY 2026 PROGRAM GUIDE

生命
终点
资源

2026年6月及7月 活动指南时间表



JUNE 2026 . 六月

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

JULY 2026 . 七月

SUN	MON	TUE	WED	THURS	FRI	SAT
			1	2	3	4
5	6 2:00 - 4:00 Compassionate Singalong	7	8	9 2:00 - 4:30 安心茶话屋 4:00 - 6:15 Restorative Evening	10	11
12	13	14	15	16	17	18
19	20 2:00 - 4:00 Compassionate Singalong	21	22	23	24	25
26	27	28	29	30	31	

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



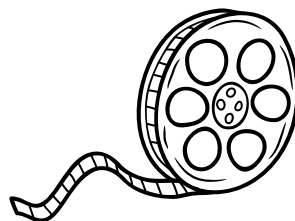
THIS PROJECT IS A COLLABORATION
OF THE FOLLOWING ORGANIZATIONS

RECURRING PROGRAMS . 定期节目

JUNE/JULY 2026



**DROP-INS
WELCOME!**



Compassionate Singalong

1st & 3rd Mondays of the month

1 & 15 JUNE, 6 & 20 JULY, MON

2:00 pm - 4:00 pm

Classroom II @ 3rd Floor

Gentle Restorative Evening

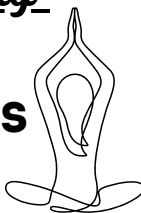
2nd Thursday of the month

11 JUNE & 9 JULY, 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

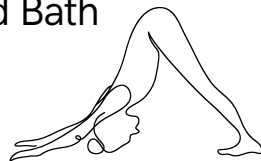
6月11日及7月9日 周四

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!



Death and Reflection Film Series

Bimonthly on every fourth Saturday

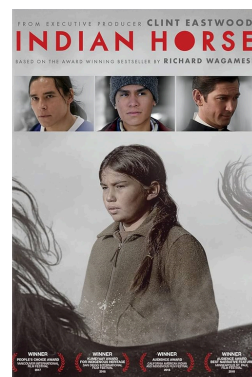
27 APR, SAT

2:00 pm - 5:00 pm

Theatre @ Main Floor

INDIAN HORSE

The film follows the life of Native Canadian Saul Indian Horse as he survives residential school and life amongst the racism of the 1970s. A talented hockey player, Saul must find his own path as he battles stereotypes and alcoholism.



Join us for an afternoon of film screening followed by discussion.

Let's Be DEAD Honest aka Death Cafe

26 JUNE, FRIDAY

2:00 pm - 4:00 pm

Oppenheimer Park



Join us for an afternoon snack, coffee and real talk about losses, living and what really matters

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

Drop-in Welcome too!

安心茶话屋 Chinese Death Cafe

7月9日 周四

下午 2:00 至 4:30

161 片达东街



生命末期的话题, 如何启口?
请来参加一个关于预先安排医护计划的沟通游戏。由于我们将和市东区妇女中心合作, 参与者必须是女性。

**需报名, 请联络
图书馆林小姐 604-307-7920 或
妇女中心 Ami 236-862-7299**