

AUG & SEPT 2026 PROGRAM GUIDE

2026年8月及9月 活动指南时间表



AUG 2026 . 八月

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

SEPT 2026 . 九月

SUN	MON	TUE	WED	THURS	FRI	SAT
6	7 2:00 - 4:00 Compassionate Singalong	8	9	10 4:00 - 6:15 Restorative Evening 疗愈之夜	11	12
13	14	15	16	17	18	19
20	21 2:00 - 4:00 Compassionate Singalong	22	23	24	25	26
27	28	29	30 5:00 - 7:00 Community Grief Sharing			

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

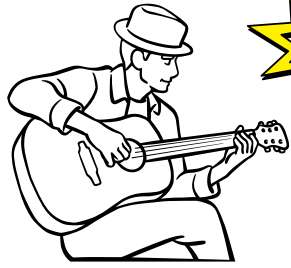
Cantonese Line: 1(888) 721-0596 ext. 2
粤语: 1(888)-721-0596 / 拨通按2

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

RECURRING PROGRAMS . 定期节目

SEPT 2026



**DROP-INS
WELCOME!**

Compassionate Singalong

1st & 3rd Mondays of the month

3 & 17 AUG, 7 & 21 SEPT, MON

2:00 pm - 4:00 pm
Classroom II @ 3rd Floor

Gentle Restorative Evening

2nd Thursday of the month

13 AUG & 10 SEPT, THURS

Theatre @ Main Floor
4:00 - 5:00 pm Restorative Yoga
5:15 - 6:15 pm Sound Bath



疗愈之夜

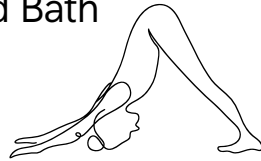
每月第二个星期四

8月13日及9月10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

22 AUG, SAT

2:00 pm - 5:00 pm
Theatre @ Main Floor

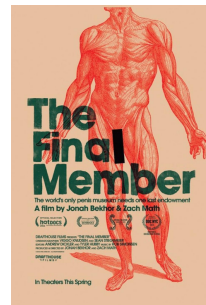
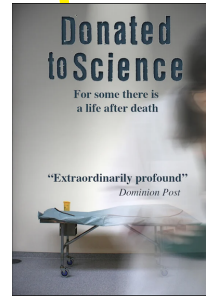
Join us for an
afternoon of
film screening
followed by
discussion.

DONATED TO SCIENCE

This award-winning film follows a group of medical students and their connection to the cadavers they dissect.

THE FINAL MEMBER

Thirty miles from the Arctic Circle, stands the world's only Penis museum. Over 40 years, the founder and curator has collected every specimen from every mammal except for one: The Human Specimen.



Community Grief Sharing

Last Wed of the month

30 SEPT WED

5:00 pm - 7:00 pm

Learning Centre @ 3rd Floor



Accompanied by
Therapy dog SEVEN

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

Love, Harold (Suicide Awareness Month)

3 SEPT, THURSDAY

1:00 pm - 4:00 pm
Theatre @ Main Floor

In recognition of Suicide Awareness Month, join us for a screening of **Love, Harold**, Alan Zweig's moving documentary featuring the stories of people who have lost loved ones to suicide. Following the film, we'll facilitate a thoughtful discussion on this challenging topic—one that many people rarely have the opportunity or space to talk about. Together, we'll create a respectful environment for reflection, conversation, and connection.

**PLEASE NOTE: THIS
EVENT INCLUDES
THEMES OF SUICIDE &
GRIEF THAT SOME
ATTENDEES MAY FIND
EMOTIONALLY
CHALLENGING.**



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

Drop-ins Welcome too!