

Community
Death Care
Project

OCT & NOV 2026
PROGRAM GUIDE

生命
终点
资源

2026年10月及11月
活动指南时间表

NOVEMBER 2026 . 十一月						
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 4:00 - 6:15 Restorative Evening 疗愈之夜	13	14
15	16 2:00 - 4:00 Compassionate Singalong	17	18	19	20	21
22	23	24	25 5:00 - 7:00 Community Grief Sharing	26	27	28
29	30					

OCTOBER 2026 . 十月						
SUN	MON	TUE	WED	THURS	FRI	SAT
				1 2:00 - 4:00 Bridging the New St Paul's & the DTES	2	3
4	5 2:00 - 4:00 Compassionate Singalong	6	7	8 4:00 - 6:15 Restorative Evening 疗愈之夜	9	10
11	12	13	14	15	16	17
18	19 2:00 - 4:00 Compassionate Singalong	20	21	22	23	24 6:00 - 8:30 Death & Reflection Film Series
25	26	27	28 5:00 - 7:00 Community Grief Sharing	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



Compassionate Singalong

1st & 3rd Mondays of the month

5 & 19 OCT, 2 & 16 NOV, MON

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

Gentle Restorative Evening

2nd Thursday of the month

8 OCT & 12 NOV, 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

10月8日及11月12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

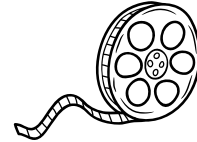
无需报名, 人人欢迎!

Death and Reflection Film Series

Bimonthly on every fourth Saturday

24 OCT, SAT

6:00 pm - 8:30 pm
Theatre @ Main Floor



COCO

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.



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

Community Grief Sharing

Last Wed of the month

28 OCT & 25 NOV, 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.**

Bridging the New St Paul's & the DTES

1 OCT, THURSDAY

2:00 pm - 4:00 pm
Theatre @ Main Floor



Join us for a community conversation surrounding the New St. Paul's Hospital, which is expected to open in early 2027. The discussion includes DTES residents, outreach workers, peer support workers, and other care providers from VCH and Providence health care.

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

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

John McCrae (1872-1918)