

# DYING TO KNOW

2023 WINTER SEMINARS



Living <sup>with</sup>  
Advanced  
Illness

Centre

**Dying to Know** seminars are held online at no cost and open to anyone interested in a variety of topics that help us to live well while facing uncertainty. The seminars provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.



Jan 23 | 6:00 PM – 7:30 PM

## Fostering the Practices of Therapeutic Arts and Rituals in Palliative Care

presented by Kristy Gauld-Dyer, Spiritual Health Practitioner, Hospice Calgary

Rituals and the therapeutic arts help us to acknowledge and honour in tangible ways, our human experience of living and dying. We will explore the meaning and the possibilities that can be expressed in rituals and art, during this session.



Feb 20 | 6:00 PM – 7:30 PM

## Sexual Health in Palliative Care

presented by Katherine Hopkins, RN.

In this session we will be talking about what sexual health can mean in the context of serious illness and end-of-life, why sexuality and intimacy matter, and how to bring these topics into conversations about care.



March 19 | 6:00 PM – 7:30 PM

## Dreams and Visions of the Deceased: Understanding Bereavement and End-of-Life Experiences

presented by Joshua Black, PhD.

Grief and Bereavement Researcher, Speaker, and Host of Grief Dreams Podcast

The topic of dreams and visions of the deceased has been surprisingly overlooked in academic literature, which has hindered the support for the bereaved and those at end-of-life. This talk will explore the recent literature on dreams and visions of the deceased throughout the lifespan.



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[hospicecalgary.ca/education](https://hospicecalgary.ca/education)



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