



Community Connections

January – March 2023

CONVERSATION & COMMUNITY

Learn and talk about how to live and die well

Before, During, and After Death – The difficult conversations ■ Tuesday, January 10, 5-6:30pm

Movies@Mission Hospice: Living with Dying ■ Thursday, January 19, 6:30-8pm

An Intro to Palliative & Hospice Care ■ Tuesday, February 28, 4-5:30pm

The Final Curtain: A virtual open mic on death, dying, and grief ■ Thursday, March 9, 5-6 pm

Death Cafés ■ Tuesdays, January 17, February 21, and March 21, 10-11:30am

TAKE CHARGE!

Plan for your future care based on what matters most to you

Take Charge! Guided Advance Care Planning (two-part workshop) ■ Thursday, February 2 + Thursday, February 9, 5-6:30 pm

Tome Cargo! Planificación del Cuidado en Avance ■ Miércoles, 15 de marzo, 3-4:30 pm

VOLUNTEER OPPORTUNITIES

Help our patients, families, and programs

Volunteer informational meetings ■ Tuesday, February 7, noon-1pm or 5:30-6:30pm

Direct Care Volunteer training ■ Thursdays, 6:30-8:30pm + Saturdays, 9:30am-3pm, February 18 - March 11

CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Healing Touch Level 1 Training ■ Saturday, March 25 + Sunday, March 26, 8am-5pm

■ San Mateo ■ \$497 sliding scale; 16 CEUs available

GRIEF SUPPORT

Find support for grieving or facing a loss

DROP-IN SUPPORT GROUPS

Every Tuesday evening, 6-7:30pm

Every Thursday afternoon, 4-5:30pm

First, third, and fifth Saturday mornings, 10-11:30am

Second and fourth Saturday mornings, 10-11:30am – focus on spouse/partner loss

SPECIALIZED SUPPORT GROUPS

Suicide Loss ■ First and third Thursdays, 6-7:30pm

Writing through Loss ■ Wednesdays, January 11 – March 1, 6-7:30pm

Grief Book Club ■ Monday, January 23, 6-7:30pm

Men's Grief ■ Wednesdays, January 25 – March 15, 5:30-7pm

Resilience in Grief: From surviving to thriving ■ Tuesdays, Feb. 14 – March 21, 2-4pm

Parent Loss ■ Wednesdays, March 1 – April 19, 5:30-7pm

WORKSHOPS

Grief & Stuff ■ Monday, February 27, 5:30-7:30pm

CELEBRATING COMMUNITY

Celebrate and support our community



MISSION HOSPICE & HOME CARE
44th Anniversary Celebration
Sunday, January 29, 2023 • 2 – 5pm
Peninsula Golf & Country Club, San Mateo • Tickets \$125
MissionHospice.org/anniversary



Mission Hospice & Home Care

Your trusted local nonprofit hospice

650.554.1000 • 408.554.2434 • www.MissionHospice.org

Events are free and online unless otherwise noted.

Advance registration is required and offerings are subject to change – please visit MissionHospice.org/events for details.

