

# Community Connections

January – March 2021

Due to COVID-19, events will be held online until further notice.

Events are free unless otherwise noted.

Advance registration is required and offerings are subject to change – please visit [MissionHospice.org/events](https://MissionHospice.org/events) for details.

## TAKE CHARGE!

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

*Take Charge!* Advance Care Planning workshop • Thursdays, Jan. 28 + Feb. 4, 4-6pm

## AUTHOR SERIES

Free readings and discussions by acclaimed writers

Claire Willis, *Opening to Grief* • Thursday, January 28, 7-8:30pm

Dale Larson, PhD, *The Helper's Journey* • Thursday, February 25, 7-8:30pm

Barbara Karnes, RN, *Gone From My Sight* • Thursday, March 25, 7-8:30pm

## VOLUNTEER OPPORTUNITIES

Help our patients, families, and programs

Volunteer informational meetings • Tuesday, March 23, noon-1pm or 5:30-6:30pm

Spring volunteer training begins online April 1.

## CONTINUING EDUCATION

Opportunities for community members and professionals – CEUs available

Redefining Hope at the End of Life with Dr. David B. Feldman • \$25-\$50 • Thursday, January 14, 1-2:30pm

## CONVERSATION & CREATIVITY

Learn and talk about how to live and die well

Conversation with Ken Ross: How it all began • Thursday, January 7, 2-3:30pm

*The Five Invitations* discussion #1: Don't Wait • Wednesday, January 20, 2-3:30pm

Spiritual and Emotional Concerns at the End of Life, Hank Dunn • Thurs., Feb. 4, 1-2:30pm

Symbolic Language at the End of Life, Wilka Roig • Thursday, February 11, 1-2:30pm

*The Five Invitations* discussion #2: Welcome Everything • Wed., February 17, 2-3:30pm

Conversation with Dr. BJ Miller and Ladybird Morgan, RN • Thurs, March 4, 2-3:30pm

*The Five Invitations* discussion #3: Bring Your Whole Self • Wed., March 17, 2-3:30pm

End-of-Life Care and Letting Go, Teepa Snow • Thursday, March 18, 1-3pm

Death Cafés • Every Tuesday, 10am-noon

## GRIEF SUPPORT

Find support for grieving the death of a loved one

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

Resilience in Grief support group • Tuesdays, January 19 – February 23, 4-6pm

LGBTQ+ support group • Wednesdays, January 20 – March 10, 5-6:30pm

Writing Through Loss support group • Wednesdays, Jan. 20 – March 10, 6-7:30pm

Parent Loss support group • Wednesdays, March 17 – May 5, 5:30-7pm

不露面哀傷支持小組, 三月至七月, 十次的網上會面。Mandarin and Cantonese support group • alternating Saturday mornings starting in March, based on interest

Suicide Loss support group • ongoing, first and third Thursdays, 6-7:30pm

Workshops

Grief Book Club • second Wednesdays, January 13 – April 14, noon-1:30pm

New to Grief workshop • Thursday, January 21, 3-5pm

Grief and Stuff: Organizing belongings after loss • Monday, March 29, 5:30-7:30pm



650.554.1000 • [www.MissionHospice.org](https://www.MissionHospice.org)

Monthly eNews: [www.MissionHospice.org/enews](https://www.MissionHospice.org/enews)

[missionhospice.eventbrite.com](https://missionhospice.eventbrite.com)