

# Community Connections

October – December 2022

## CONVERSATION & COMMUNITY

### Learn and talk about how to live and die well

Breathwork Workshop for Self-Soothing ■ Saturday, October 15, 2-3:30pm

A hospice social worker and hospice nurse walk into a bar..."What would Lisa & Gabby say?" ■ San Carlos ■ Sunday, October 23, 1-3pm

Death over Drafts Happy Hour: Love never dies, grief never ends – Rituals for Remembering ■ San Carlos ■ Wednesday, October 26, 6-8pm

Senior Care and Life Planning Virtual Seminar with Assemblymember Marc Berman ■ Thursday, November 3, 4-5:30pm

The Final Curtain: A virtual open mic on death, dying, and grief ■ Thursday, November 3, 6-7:30pm

Hospice 101: Everything you need to know about end-of-life care ■ Tuesday, November 15, 3-4:30pm

Author Talk: Dr. Christopher Kerr, *Death is but a Dream* ■ November 30, 4-5:30pm

RESCHEDULED

Worldwide Candle Lighting with The Compassionate Friends Mid-Peninsula and the Brisbane Lions Club ■ Burlingame ■ Sunday, December 11, 6-8pm

Death Cafés ■ Tuesdays, October 18, November 15, + December 20, 10-11:30am

## CONTINUING EDUCATION

### Opportunities for community members and professionals – CEUs available

Healing Touch Level 3 Training ■ Saturday, November 12 + Sunday, November 13, 8am-5pm ■ San Mateo ■ \$497 sliding scale; 16 CEUs available

## VOLUNTEER OPPORTUNITIES

### Help our patients, families, and programs

Direct Care Volunteer training ■ Thursdays 6-8pm + Saturdays 9am-3pm, October 1 - 22

## 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

Art for Healing ■ Thursday, October 13, 6-8pm **WAITLIST**

Grief Book Club ■ Monday, October 24, 6-7:30pm

Writing through Loss ■ Wednesdays, September 21 - November 9, 6-7:30pm

Coping with the Holidays ■ Mondays, November 14 - January 9, 5:30-7pm

#### Workshops

New to Grief ■ Thursday, November 10, 3-5pm

Soul Collage™ for the Grieving Heart, with guest facilitator Robin Modlin ■ San Mateo ■ Wednesday, December 7, 5-7pm

## CELEBRATING COMMUNITY

### Celebrate community while raising funds

THE MISSION HOSPICE AUXILIARY 2022 FALL GALA

**Diamonds & Denim**

Saturday, October 22, 2022 ■ Foster City

Tickets \$175 [MissionHospice.org/fallgala](https://MissionHospice.org/fallgala)



Mission Hospice & Home Care

Your trusted local nonprofit hospice

650.554.1000 ■ 408.554.2434 ■ [www.MissionHospice.org](https://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](https://MissionHospice.org/events) for details.

