

Community Connections

October - December 2020

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://www.MissionHospice.org/events) for details.

AUTHOR SERIES

Free readings and discussions by acclaimed writers

Hank Dunn, *Hard Choices for Loving People* ■ Thursday, October 1, 1-2:30pm

Chuck Fontenot, *In Search of My Soul* ■ Thursday, November 5, 7-8:30pm

MOVIES@MISSION HOSPICE

View and discuss award-winning documentary films

Take Charge! Advance Care Planning Tips ■ Thursday, October 22, 6:30-8:30pm

Departures ■ Thursday, November 12, 6:30-8:30pm

CONVERSATION & CREATIVITY

Learn and talk about how to live and die well

End-of-Life Care in the Age of COVID, Barbara Karnes, RN ■ Thurs, Oct 29, 2-3:30pm

Exploring Endings with Frank Ostaseski ■ Thursday, December 3, 2-3:30pm

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 ■ Thursdays, 2-4pm, October 1 - Nov. 5

不露面哀傷支持小組，十月至二月，十次的網上會面。 Chinese language (Mandarin and Cantonese) support group ■ alternating Saturdays, Nov. 7 - March 13, 10am-noon

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

Coping With the Holidays support group ■ Mondays, 6-7:30pm, Nov. 16 - Jan. 4, 2021

Workshops

Grief Book Club ■ second Wednesdays, October 14 - March 10, noon-1:30pm

Grief and Stuff: Organizing belongings after loss ■ Monday, November 2, 6-8pm

CONTINUING EDUCATION

Opportunities for community members and professionals - CEUs available

Understanding Complicated Grief with Dr. Katherine Shear ■ \$20 ■ Fri. Nov. 6, 9am-1pm

VOLUNTEER OPPORTUNITIES

Help our patients, families, and programs

Volunteer informational meetings ■ Tuesday, September 22, noon-1pm or 5:30-6:30pm

Our fall volunteer training begins October 3, and will be virtual.

CELEBRATING COMMUNITY

Celebrate community while raising funds to support our care

Mission Hospice Auxiliary Virtual Fall Gala ■ Saturday, October 10, 6pm

Diamonds & Denim ■ FREE! Register at www.MissionHospiceLive.com.



650.554.1000 ■ www.MissionHospice.org

Monthly eNews: www.MissionHospice.org/enews

missionhospice.eventbrite.com

