

Conversations about LIFE's Biggest Challenge

Yes, we're talking about a taboo subject that happens to all of us. Beach United Church is hosting four dinners where the conversation is about death and dying. On four Wednesday evenings a small group of people will be served a light dinner and then weigh into some heavy conversations. Each dinner features a discussion leader with special expertise: a hospice specialist, a doctor, a spiritual guide, and a mindfulness educator. They will share their stories and knowledge, exploring with participants the big questions.



For anyone who's ready for frank discussion, good storytelling and new perspectives on death and dying...over dinner.

October 3

How we think about our own deaths

Amanda Maragos is the Manager of Volunteer Programs, Education and Community Outreach for Philip Aziz Centre for Hospice Care & Emily's House Children's Hospice in Toronto. She will discuss what we would like our own death to look like and the meaning for our loved ones.

October 17

Expectations around dying

Paul Cramer, MD, has been a family doctor since 1985 and currently also provides support to residents in nursing homes. He will share his stories of supporting patients and caregivers through the dying process, including his experience with medical assistance in dying.

November 7

Our fears and hopes

Jan Kraus is a psychotherapist, nurse and spiritual care professional who has been Manager of Spiritual Care at both Bridgepoint and St. Michael's hospitals, and Executive Director of the Canadian Association of Pastoral Practice and Education. She will lead us in a discussion of our own fears of the dying process and our hopes for a good death.

November 28

Using mindfulness to help

Teri Henderson is a social worker and mindfulness educator who provides support to individuals, families and health-care providers at the Kensington Health Centre, Wellspring Cancer Support Network and University of Toronto. In her private practice she uses a mindfulness-based approach to help patients through both chronic and terminal illnesses.

All sessions are from 6 to 9 PM at Beach United Church 140 Wineva Avenue

Register

Sign up for one or as many as you like. There's no admission charge, but a donation will be requested at each session. You decide the amount. **Advance registration is required**, through [Eventbrite.ca](https://www.eventbrite.ca) or by contacting the BUC office (office@beachuc.com). A light dinner is provided. Space is limited.