



# Support During Serious Illness Educational Series

Free monthly educational support group providing a supportive, welcoming and inclusive space for individuals who have been diagnosed with a serious illness and caregivers in the community to connect with others and learn more about living with a serious illness or palliative diagnosis.

**2:00pm to 4:00pm**

**January 9, 2025**

**February 13, 2025**

**March 13, 2025**

**April 10, 2025**

**May 8, 2025**

**June 12, 2025**

**July 10, 2025**

**August 14, 2025**

**September 11, 2025**

**October 9, 2025**

**November 13, 2025**

**December 11, 2025**

Offered in a Hybrid format: In person at Stedman Community Hospice, 445 Grey Street, Brantford or virtually by Zoom

**TO REGISTER, PLEASE CONTACT  
KRISTA AT 519-751-7096, EXT. 2518**

Serving Brantford, Brant, Six Nations of the Grand River, Norfolk County  
Mississauga of the Credit First Nation, Haldimand County and Beyond.



## **Educational Series Schedule**

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January 9, 2025, 2:00pm - 4:00pm

Exploring Emotions Associated with Diagnosis and Caregiving

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February 13, 2025, 2:00pm - 4:00pm

Caregiver Burnout

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March 13, 2025, 2:00pm - 4:00pm

Advance Care Planning - Presented by Josie Lopes

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April 10, 2025, 2:00pm - 4:00pm

Financial Options and Decisions - Presented by Shannon Boakes

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May 8, 2025, 2:00pm - 4:00pm

Grief and Loss

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June 12, 2025, 2:00pm - 4:00pm

Support Systems - Creating A Circle of Care

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July 10, 2025, 2:00pm - 4:00pm

Self-Care and Self-Compassion

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