

Halton Hills Death Cafe returns to Georgetown

In response to a great turnout and overwhelmingly positive feedback, the Halton Hills Death Cafe will return to Georgetown on Tuesday, Feb. 24, this time taking advantage of the wonderful ambience of historic Devereaux House.

Most people find death an uncomfortable topic to discuss. Death denial is common in our society, and that can make dealing with the end of life much more difficult. But, what if accepting death meant that we could find more purpose and meaning in our lives?

What if remembering that death is coming for us actually helped us chose to live more fully, joyfully and consciously?

A Death Cafe is a chance to have thoughtful, respectful, and engaging conversation with others about death and dying, over a great cup of coffee or tea, while enjoying delicious treats. The objective is to increase awareness of death with a view to helping people make the most of their (finite) lives.

The popularity of Death Cafes

has risen dramatically over the past three years, spreading quickly across Europe, North America and Australasia. According to the website for the movement, www.deathcafe.com, more than 1,500 Death Cafes have taken place since September, 2011.

The Death Cafe model was developed by Jon Underwood and Sue Barsky Reid, from the United Kingdom, based on the ideas of Bernard Crettaz. The first Death Cafe in Canada was held in Victoria, B.C. in December 2012.

The Halton Hills Death Cafe is co-facilitated by Marion Willms, a thanadoula and Registered Nurse with experience in Palliative Care and Community Nursing, and Ellen Newman, a former funeral Celebrant currently enrolled in the Funeral Service Education program at Humber College.

The women met in 2014 and discovered a mutual interest in the Death Cafe concept. They attended one together and the experience was so positive they decided to facilitate one themselves in October 2014.

People from all walks of life, ranging in age from 19 to 70, came together to discuss a difficult topic and were so engaged, they continued talking in the parking lot long after the event ended. Participants were encouraged to comment on the most meaningful aspects of the event.

One stated, "Often, we don't open up with the people closest to us about topics such as this, so for many this forum gave a 'test run' with compassionate strangers, so that many can now broach the

subject with a loved one." Another attendee commented, "Our community needs more of these opportunities/forums".

The Halton Hills Death Cafe will take place 7-9 p.m. at Devereaux House, 11494 Trafalgar Road, Georgetown, (www.devereaux-house.ca). Coffee, tea, and treats will be served. The event is free to attend, but donations of any amount will be gratefully accepted to cover minimal costs. Those 18 years of age and over who wish to discuss death

in a positive, non-threatening way are encouraged to attend.

Death Cafe is not intended to be bereavement support, therapy or counselling and is a non-profit event, held in an accessible, respectful, confidential space, with no intention of leading people to any conclusion, product or course of action. Space is limited.

Those interested can register by emailing haltonhillsdeathcafe@gmail.com, visiting the www.deathcafe.com website or by calling 905-965-0271.

Become suicide alert

Suicide alertness is for everyone.

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources in a three-hour training workshop offered on Wednesday, Feb. 25 at the Halton Hills Cultural Centre.

SafeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, par-

ents, youth, teachers and law enforcement— anyone, who wants to be a suicide alert helper!

SafeTALK is brief, affordable and internationally recognized.

The session will be held 7-10 p.m. at a cost of \$5 per person to cover the cost of materials.

Please e-mail Gail at dcnhalton@bellnet.ca to secure your spot.



GUELPH'S BEST KEPT SECRET...

Tour our model suites & take a stroll through Main Street & experience what our village has to offer.

Come & see our Spacious, Affordable Retirement Apartments!

Ask about our full service, assisted & memory care neighbourhoods!



The Village of
ARBOUR TRAILS

A SCHLEGEL VILLAGE

WWW.SCHLEGELVILLAGES.COM

226.251.3065



Call 226.251.3065 Ext. 826 or 827
To book your tour of
The Village of Arbour Trails &
enjoy a complimentary lunch
for 2 on us!

The Village of Arbour Trails,
located within the Village By
the Arborteam
off Stone Road in Guelph.

