

# *Adirondack Death Care Community*

## UPCOMING EVENTS

### **In-Person Community Grief Support Group**

**Every Second Wednesday, 6:30-7:30pm  
EST**

### **Saranac Lake Library Main Floor**

*January 10th, February 14th, March 13th*

Facilitator Ruth Pino is a bereaved parent who believes that coming together to share stories and remember our loved ones brings a softening and strengthening to the grieving journey.

If you are experiencing the grief of losing a close loved one, please consider joining this informal circle to share, feel, remember and learn from one another.

**RSVP by Email**

### **ADVANCE CARE PLANNING WORKSHOP**

**January 24th, 2-4pm**

**Will Rogers Great Room**

*Facilitated by Dr. Jay Federman and  
Colleen Corrigan*

At this workshop we will be providing guidance and materials to support you in the completion of your Advance Directives, mainly focused on the Living Will and Health Care Proxy wishes and documentation.

**RSVP by January 19th by Email**

*When such counseling is provided through a physician's office, the typical charge is \$75 per half hour. We welcome whatever contribution you feel is appropriate and within your budget.*

**RSVP to these events by sending us an email. Join our email list to receive updates and links for these and other offerings.**

**Email: [adkdeathcarecommunity@gmail.com](mailto:adkdeathcarecommunity@gmail.com)**

**Facebook Group: Adirondack Death Care Community**

**Instagram: [@adkdeathcarecommunity](https://www.instagram.com/adkdeathcarecommunity)**

### **Let's Talk About It @ the Hot House!**

**January 22nd 6-7:30pm**

**50 Bay Blvd, SL, NY**

'Let's Talk About It' gatherings remind us that we are not alone in the challenges and joys that we face. Let's come together to seek support, solace and connection.

This open agenda provides space for you to share whatever is coming up for you in whatever way resonates with you. We

invite song, poetry, dance, drawing, collaging, painting, etc. to be brought and shared. Tea & Snacks provided! Plant sales will be available as well.

These will be held every 2nd and 4th Monday of the month for February and March, following our initial gathering:

***January 22nd, February 12th&26th,***

***March 11th&25th***

**RSVP by Email**

### **Virtual Death Café**

**Every Third Monday, 6:30-7:30 via**

**Google Meet**

**January 15th, February 19th, March 18th**

**Facilitated by Colleen Corrigan**

**Email to receive link**

*Death Cafes are offered worldwide, creating a gathering space to talk about grief, death and loss in however these experiences may be touching your life.*

