



Facilitated by Amber Sastry, Hospice and Palliative Care Volunteer

What Date with Death Club IS

- An opportunity to explore with others
- Covers multiple topics
- Allows for flexible attendance
- Includes self-reflective activities
- Has a secular approach
- Justice-affirming
- For ages high school and older
- Encourages humor
- A chance to grow emotional resilience with regard to mortality
- Uses data/science to inform
- Respects different spiritual perspectives

What Date with Death Club IS NOT

- Is not a grief or bereavement support group
- Offers no religious dogma
- Is not psychotherapy
- For people who are seeking to self-harm or harm others
- Is not morbid or solemn
- Different from Death Cafés (which is relatively unstructured; each Death Café does not specify a topic)
- Different from Death Over Dinner (which gathers one's own family/circle for conversations)

datewithdeathclub.com

Created by Karen G. Johnston, MSW, M.Div.

Main Library at Audubon

Monday Sept. 9 - 6:00-8:30 pm

Hospice, Palliative Care, & End-of-Life Documents, Oh My!

More and more people are using hospice at the end of life and doing so sooner, which can be helpful to them and their loved ones. Yet, most people who want to die at home end up dying in a facility. In this session, we'll explore hospice, palliative care, and end-of-life documents like advance directives.

Monday Oct. 7 - 6:00 - 8:30 pm

Resistance & Acceptance: The Mortal Dance

Our attitudes toward our own mortality are a dance between resistance (do not go gentle into that good night) and acceptance (no one gets out of here alive). This session will use music and reflection to explore death anxiety and the new science around the use of psilocybin ("magic mushrooms") to help ease the fear of death in those with terminal diagnoses.

Monday Nov. 4 - 6:00 - 8:30 pm

Owning Your Dying

Death as a general concept is one thing: our own death is a whole other thing. In this session, we'll talk about possible ways to face our own death with intention, exploring the process of holding deathbed vigils, as well as home funerals. We'll talk about the role of End-of-Life support people and other community supports for reclaiming this aspect of our lives.

Monday Dec. 2 - 6:00 - 8:30 pm

Grief: Loving & Losing, Learning & Living

With love comes loss. With living comes dying. This session explores how grief and disenfranchised grief work and what it means in our own lives. While our focus is grief, and there may be grieving people in the room, this is not a grief support group.

Register for one class or entire series by calling 716-689-4922

