



2024 FREE Webinars

Sponsored By



End-of-Life Planning

- January 30
- April 30
- July 30
- October 29

Advance Care Planning Made Easy

- February 13, 20, 27
- May 7, 21, 28

After Death Care & Support

- March 5
- June 4
- September 10
- December 10

Conversations On Grief

The Anger of Grief

- April 25
- July 18
- September 19

NEW! Nature Heals – Reconciling Your Grief Through Engaging with the Natural World

- March 7
- July 3
- October 10

NEW! The Vulnerability of Grief

- February 1
- June 6
- October 17

The Guilt of Grief

- June 13
- August 29
- October 24

Cherishing – The Art of Fully Living While Still Loving and Honoring Those Who've Died

- January 18
- April 4
- September 5

Complicated Grief – How to Understand, Express and Reconcile Your Especially Difficult Grief

- March 14
- July 11
- December 5

Expected Loss – Coping with Anticipatory Grief

- April 11
- May 9
- September 12

Finding Meaning After Loss

- February 8
- May 17
- August 1
- November 7

NEW! You're Not Crazy Your Grieving

- February 15
- May 23
- August 8
- November 14

NEW! The Anxiety of Grief

- February 22
- May 30
- August 15
- November 28

NEW! Grieving the Other Losses – Acknowledging and Mourning All Your Losses Along Life's Path

- January 25
- May 2
- October 3

If You're Lonely – Finding Your Way

- April 18
- August 22
- December 12

Too Much Loss – Coping with Grief Overload

- February 29
- June 20
- September 26

What to Say and What NOT to Say to Someone Grieving

- March 21
- June 27
- October 31

Why Men Grieve Differently and How to Support Them

- March 26
- July 25
- December 17

Grief and the Holidays

- November 13
- December 11

Register FREE – www.KitchenTableConversations.org



Kitchen Table Conversations

KitchenTableConversations.org – 512-787-3402

End-of-Life, Advance Care Planning and Grief Educational Webinars, Workshops and Events

Descriptions of our growing list of courses can be found at www.KitchenTableConversations.org on the following topics which are offered as 60-minute, 90-minute or half-day interactive webinars and workshops.

End-of-Life Planning

What treatments and care do you want or don't want at the end of your life? What will your legacy be? How do you want your assets divided? Discover the answers to these questions and more when you attend one of our end-of-life planning webinars, workshops, or events.

Advance Care Planning

Having "The Conversation" makes it easier for your loved ones to help you live and die the way you wish. Learn how to decide, discuss and document your end-of-life wishes.

Grief and Mourning

Education is the key to navigating your grief journey or when supporting someone who is grieving. Learn what to say and what not to say to someone in grief, how to heal a broken heart and how to find meaning after loss.

Movies and Games

Host a screening and discussion of *Being Mortal* with Dr. Atul Guwande, *Extremis* with Dr. Jessica Zitter or *End Game* with Dr. BJ Miller. Book a game event using *Hello* or *Go Wish* conversation starters that provide a safe and easy way to talk about living, dying and what matters most.

Personal One-On-One Support

Sometimes a little extra support is just what you need when preparing your end-of-life documents or when navigating your way through the wilderness of grief after a loss. Whether you're looking for a one-time check in or ongoing support, call the number below to schedule. Our support calls are offered on a donation basis. You pay what you are able. You decide.

End-of-Life, Advance Care Planning and Grief Educator



Garrick Colwell has been a Hospice volunteer since 1987, serving as an on-call hospital and hospice chaplain. Garrick is a *Respecting Choices® Person-Centered Care First Steps® Advance Care Planning Certified Instructor and Facilitator* and co-creator of Kitchen Table Conversations. As a *Certified Grief Recovery Specialist*, he co-created with Hospice Austin *Conversations On Grief*, a monthly online grief education program. Garrick is a *Certified Grief Educator* through David Kessler and holds a *Death and Grief Studies Certification* from Dr. Alan Wolfelt and The Center for Loss and Life Transition. Garrick was a Patient Advocate, caregiver, and end-of-life companion for his late wife, Kinsloe. He can be reached at 512-787-3402 or garrick@KitchenTableConversations.org