



2025 FREE Webinars

Sponsored By



Five-Part Series

End-of-Life Planning

*Attend one or all five webinars
based on what you may
already know.*

Your “Peace of Mind” End-of-Life Plan

*How to Decide, Discuss, and
Document Your Final Wishes
BEFORE You Go*

- February 4
- May 6
- August 5
- November 4

Advance Care Planning Made Easy

*How to Decide, Discuss,
and Document Your
End-of-Life Wishes*

- February 11, 18, 25
- May 13, 20, 27
- August 12, 19, 26
- November 11, 18, 25

After Death Care & Support

*How to Make Your
Final Arrangements*

- March 4
- June 3
- September 2
- December 2

Anticipatory Grief Groups

- 1st Wednesday
- 3rd Wednesday
- Start March 2025

Conversations On Grief Education and Support

Nature Heals

*Reconciling Your Grief
Through Engaging with
the Natural World*

- March 13
- June 5
- September 11
- November 20

The Guilt of Grief

*How to Express Guilt
and Regret After a Loss*

- February 13
- April 24
- August 7
- October 22

Expected Loss

*Coping with Anticipatory
Grief*

- January 23
- April 3
- July 17
- October 2

Finding Meaning After Loss

- February 27
- May 8
- August 21
- November 6

You’re Not Crazy Your Grieving

6 Steps to Surviving Loss

- February 6
- April 17
- July 31
- October 16

The Anxiety of Grief

*How to Understand, Soothe,
and Express Your Fears
After a Loss*

- February 20
- May 1
- August 14
- October 30

Grieving the Other Losses

*Acknowledging and
Mourning All Your Losses
Along Life’s Path*

- March 20
- June 12
- September 18
- December 4

If You’re Lonely

Finding Your Way

- March 6
- May 15
- August 28
- November 13

Too Much Loss

Coping with Grief Overload

- March 27
- June 19
- September 25
- December 11

What to Say and What NOT to Say to Someone Grieving

- January 30
- April 10
- July 24
- October 9

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 on the following topics, which are offered as 60-minute, 90-minute, or half-day interactive webinars and workshops, can be found at

www.KitchenTableConversations.org

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, which provide a safe and easy way to talk about living, dying, and what matters most.

Peer-to-Peer (1:1) 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 a conversation. Our support calls are offered on a donation basis. You pay what you can; you decide.

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



Garrick Colwell has been a Hospice volunteer since 1987 and a volunteer on-call hospital and hospice chaplain. He is the co-creator of Kitchen Table Conversations. Garrick is a *Respecting Choices® Person-Centered Care First Steps® Advance Care Planning Certified Instructor and Facilitator*. As a *Certified Grief Recovery Specialist*, he co-created *Conversations On Grief* with Hospice Austin, 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 his late wife Kinsloe's Patient Advocate, caregiver, and end-of-life companion. He can be reached at 512-787-3402/garrick@KitchenTableConversations.org