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Real Possibilities

2026 FREE Webinars

Five-Part Webinar Series

End-of-Life

Planning Made Easy

*Register FREE for one or all five.
Zoom link is the same for all.*

Your “Peace of Mind”

End-of-Life Plan

Your Legacy, Must-Have Documents, and What to Do with Your Stuff

- April 7
- July 7
- September 1
- November 3

Advance Directives

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

- April 14, 21, 28
- July 14, 21, 28
- September 8, 15, 22
- November 10, 17, 24

After Death Care and Grief Support

How to Make Your Final Arrangements

- May 5
- August 4
- September 29
- December 1

FREE
Anticipatory Grief Drop-In Support Groups
Tuesdays
7 pm to 8 pm CT

Conversations On Grief

Expected Loss

Coping with Anticipatory Grief

- March 5
- April 9
- May 28
- June 25
- July 9
- August 27
- September 23
- October 1
- November 11
- December 3

Creating Your Grief Plan

Helping You Heal the Pain and Live Fully as You Grieve

- March 12
- April 16
- July 16
- October 8

What to Say and What NOT to Say to Someone Grieving

- March 19
- June 4
- August 6

The Guilt, Regret, and Anger of Grief

How to Express Guilt, Regret, and Anger After a Loss

- March 26
- June 11
- September 3

If You're Lonely

Finding Your Way

- April 30
- August 13
- October 22

Men and Grief

Why Men Grieve Differently and How to Support Them

- June 18
- August 20
- November 19

Nature Heals

Reconciling Your Grief Through Engaging with the Natural World

- May 7
- September 10
- October 29

Finding Meaning After Loss

- May 14
- September 17
- November 5

Too Much Loss

Coping with Grief Overload

- May 21
- July 23
- September 24
- November 12

1:1 Peer Support
Donation-Based
Call 512-787-3402

Register FREE – www.KitchenTableConversations.org



Kitchen Table Conversations

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End-of-Life Planning & Grief Education Webinars

End-of-Life Planning

What will your legacy be? How do you want your assets divided? What are we supposed to do with all your stuff? Discover the answers to these questions when you attend one of these webinars.

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 as you prepare 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 involved in Hospice since 1987, serving as a volunteer in respite care and as an on-call hospice chaplain. He is the co-creator of Kitchen Table Conversations and the primary content curator and webinar facilitator. Garrick is a *Respecting Choices® Person-Centered Care First Steps® Advance Care Planning Certified Instructor and Facilitator*.



As a *Certified Grief Recovery Specialist* and volunteer, 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. He also holds a *Grief Care Professional Certificate* with Megan Divine.

Currently, Garrick is emphasizing the importance of knowing what Anticipatory Grief (AG) is and how to cope with it when someone receives a chronic or terminal illness diagnosis. More on AG FREE webinars and support groups at <https://kitchentableconversations.org/anticipatory-grief>

Garrick can be reached at 512-787-3402 or by email garrick@KitchenTableConversations.org