

Legacy Workshop

End of L.I.F.E. Workshop



Monday, September 14th, 2026
6:30pm - 8:00pm, in person

Talking about aging, dying, and death can be difficult, but these conversations are among the most meaningful we can have. Join Certified End of Life Doula and Life & Grief Coach Arlene Hearn for an open, interactive workshop where questions are encouraged, experiences can be shared, and practical guidance beyond wills and funeral planning is provided. Whether you are preparing for yourself, supporting aging parents, or simply curious, this session offers thoughtful reflection, helpful resources, and gentle guidance for life's final chapter.

Facilitated by Arlene Hearn
Registration Required



Community
Hospice

To register or for information, contact Amanda
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or 905-727-6815 x 230