

# Nurturing Compassionate Communities



These sessions are designed to help you develop knowledge and confidence to offer meaningful support to family, friends, and community members living with a serious illness. Start where you want – register for the sessions that interest you.

Sessions	How to register:
<b>Your Role in a Compassionate Community</b> Compassionate Communities are networks of support around people experiencing serious illness, death, and grief. Gain information and ideas about how to nurture compassionate communities near you.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
<b>What is Palliative care?</b> Palliative care is more than you think. Learn what palliative care is and why it's important in clear language that you can share with the people around you.	
<b>How to Have Conversations about Dying and Grief</b> Conversations about dying and grief are important and can be hard. This course provides practical tips on how to have caring and compassionate conversations on these topics with friends, family, co-workers, and neighbours.	
<b>What Matters Most?</b> Knowing what matters most helps us live well now and in the future. Learn how to identify and share what matters to you in your life and in your care as well as how to find out and support what matters to the people close to you.	

This series is offered in partnership with Covenant Palliative Institute. For more information, visit the [Compassionate Alberta](#) webpage.

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**Primary Care  
Alberta**  
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