

DEATH CAFÉ

At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. Its objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'.

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafés are offered:

- on a not for profit basis
- in an accessible, respectful and confidential space
- with no intention of leading people to any conclusion, product or course of action
- alongside refreshing drinks and nourishing food and cake!

If you want to attend first to get a feel of what it's like, check out the [forthcoming death cafés near you](#).

You can hold your own Death Café too! It's inexpensive, straightforward, and fun. A complete how-to guide is available on their website. See more at www.deathcafe.com

DEATH OVER DINNER

How we want to die represents the most important and costly conversation America isn't having. This is a conversation that the entire country needs to be having, and we strongly believe it is a conversation that people are ready to have.

The dinner table is the most forgiving place for difficult conversation. The ritual of breaking bread creates warmth and connection, and puts us in touch with our humanity. It offers an environment that is more suitable than the usual places we discuss end of life. You can learn more about it by watching this video: [What happens when death is what's for dinner?](#)

Gather friends and family and fill a table. Start talking about end-of-life care and how you want to live your final days. Tools and tips to get started are available on their website. You choose the guests and menu, and let the conversation and wine flow. Plan a test dinner at www.deathoverdinner.org/get-started

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