



Living Every Season
alberta hospice
palliative care association

A Support Program for Albertans with Life-Limiting Illness



Who Can Participate?

Adult Albertans who are navigating life with a terminal diagnosis are welcome to join. This participation-based program is designed for individuals who can understand and communicate with others.



**Sunny days.
Rainy days.
We'll be there.**

**Safe, confidential support
in a social setting designed
for adults living with a life-
limiting illness.**

The regular, interactive sessions of Living Every Season create an empathetic community for participants to connect with others, learn from speakers and continue to live a good life while also living with a terminal diagnosis.

A life-limiting diagnosis can bring feelings of fear and isolation. Living Every Season is there to help.

Program Format

Each Living Every Season session, led by a trained facilitator, includes a check-in time for participants to share their successes, challenges and coping skills from the past week. At each session, an interactive guest speaker presents on topics related to life-limiting illness, palliative supports and everyday changes, challenges and hopefulness. No topic is off limits and suggestions are welcome. Each gathering includes time to socialize with the other participants, the speaker and the facilitator.

Virtual Program

Every Albertan living with a life-limiting illness deserves access to support. The Living Every Season Virtual Program, held online, allows participants to access social support and programming online, no matter where they live in Alberta. Join the Virtual Program by completing the application form at LivingEverySeason.ca.



In-Person Program

The Alberta Hospice Palliative Care Association partners with local organizations to bring the Living Every Season In-Person Program to communities in Alberta. To find a Living Every Season In-Person Program near you OR to learn about starting a Living Every Season program in your community, visit LivingEverySeason.ca.



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AHPCA is a registered charity.

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Making Now Matter

AHPCA is a charitable organization that serves as the voice for hospice and palliative care in Alberta. For over 30 years, AHPCA has promoted, supported and advocated for comprehensive and quality end of life care for all Albertans.