

Living Every Season

A Virtual Support Program for Albertans with Life-Limiting Illness

The Living Every Season program (LES) provides safe, confidential support in a social setting for adults living with a life-limiting illness.

Through weekly, interactive meetings, participants become part of an understanding, empathetic community while also gaining knowledge on a selection of topics related to living with a palliative diagnosis.

The virtual group is led by a trained LES coordinator with weekly interactive guest speakers covering a full range of relevant topics. Group support allows participants to share concerns and coping skills with each other in a non-judgemental atmosphere.

What does the virtual program look like?

The one hour weekly program starts with a check-in time led by the LES coordinator. Participants can enjoy weekly interactive guest speakers presenting on topics related to life-limiting illness, palliative supports and everyday changes, challenges and hopefulness. No topic is off-limits and suggestions are welcome. Topic examples include a Q&A session with a palliative care doctor, nutrition advice, sleep concerns, dental changes, reflexology and massage, forgiveness and making amends.

Who can use this program?

Participants must have a palliative diagnosis without any expectation of a cure. Albertans between the ages of 18 to 105 are welcome, if they can speak, understand and participate.

Why is this program needed?

A life-limiting diagnosis changes everything - for the person affected and for the people who love them. It can be a scary, lonely time. LES is there to help participants connect with others, learn, and continue to live a good life while also living with a palliative diagnosis.

Is there an in-person program?

In-person programming will be rolled out in communities across Alberta when public health guidelines allow.

About AHPCA

AHPCA is a charity that promotes and supports quality and comprehensive palliative care for all Albertans by raising awareness, education and advocacy.