



First Nations Health Authority
Health through wellness

FALL–WINTER
2020–2021

Kitchen Table Chats

A WEBINAR SERIES FOR NURSES AND HEALTH CARE ASSISTANTS

October

Using the Wellness Wheel to learn about the end-of-life journey

Wednesday, October 21 at 1 pm PDT

Kath Murray, Palliative Care Nurse, Life & Death Matters, Presenter



Sudden Death: Supporting the Family, Community and Caregivers

Explore the unique challenges of sudden death for the family, community and caregivers in this webinar series. Learn ways to respond and support family and community in the moments and months following a sudden death.

Darien Thira, Registered Psychologist, Thira Consulting, Presenter

Kath Murray, Palliative Care Nurse, Life & Death Matters, Moderator

November

Colonization and Sudden Death: First Response and Critical Incident Checklist

Wednesday, November 4 at 1 pm PST

December

Trauma Braid and a Three Step Approach to Support Family and Community Wellness

Wednesday, December 9 at 1 pm PST

January

Walking Four Traditional Cultural Pathways of Healthy Grieving with the Bereaved

Wednesday, January 13 at 1 pm PST



How to attend

To attend the webinar online: fnha.zoom.us/j/4557564109

To attend by phone: 1-855-703-8985 toll-free
Meeting ID: 455 756 4109

For more information, or if you need help connecting to the meeting, contact **Sue Bartnik**, Practice Consultant
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