

Monthly Drop-In Session

Initiating Conversations

How to start discussions about MAiD with loved ones.

Drop-in Session: Preview

Join us for an engaging drop-in session focused on facilitating open dialogue about Medical Assistance in Dying (MAiD). Explore the importance of creating a safe space, active listening techniques, and strategies for navigating sensitive conversations with loved ones. Reflect on your personal values and beliefs, address family dynamics, and learn how to create a supportive environment for discussing MAiD.



3 Activity: Worksheet

- Title of Your Narrative/Story:
- Setting: Where does your narrative take place? Is it at home, in a hospital, or somewhere else?
- Characters: Who are the key individuals involved in your narrative? Are they family members, friends, healthcare professionals, or yourself?
- Plot: What events or conversations unfold in your narrative? How do they relate to the topic of initiating conversations about MAiD?
- Emotional Reflection: Describe the emotions you experienced while writing or reflecting on your narrative. Were there moments of sadness, relief, uncertainty, or clarity?
- Lesson Learned: What insights or lessons did you gain from this narrative expression activity? How might these insights inform your approach to discussing MAiD with loved ones in the future?

1 Activity

Participants will have the opportunity to engage in narrative expression through storytelling or creative writing to convey their feelings and perspectives on MAiD.

Here's how the activity will unfold:

2 Activity: Instructions

1. Take a moment to reflect on your personal thoughts and emotions regarding MAiD.
2. Engage in narrative expression through storytelling or creative writing to convey your feelings and perspectives on MAiD.
3. Share your narrative with the group if you feel comfortable doing so. This is a safe space for open dialogue and respectful listening.
4. Reflect on the experience and consider how it may impact your future conversations about MAiD with loved ones.

Our monthly drop-in sessions provide a supportive environment for individuals to connect with others who understand their experiences. Each session focuses on a specific theme and includes activities designed to promote healing and self-expression.