

THE ADIRONDACK DEATH CARE COMMUNITY PRESENTS

Taking healing into your own hands- Traditional after death care practices that support grief and healing



VIGIL & BODY CARE WORKSHOP

At The Station

1 Kushaqua Mudpond Rd
Onchiota, NY

Sunday, November 3rd

10-12 Informational

12:30-3-Hands on Demonstration

*You are welcome to attend just the morning session

*If you plan on attending the afternoon portion, we ask that you attend the morning session as well and pack a lunch

*Suggested Donation \$10-\$30+

*RSVP encouraged

adkdeathcarecommunity@gmail.com

SPEAKING TOPICS

HOME FUNERAL, NATURAL BURIAL, VIGIL PLANNING

10-12-Informational

- History and context of traditional and modern day after death care practices
- NYS after death care rights and options
- Defining those rights and options
- Identifying where you resonate on the after death care continuum
- Sharing community experiential knowledge through story
- Q&A

12:30-3- Hands on Demonstration

- Experiential learning through
 - Creating an end of life vigil environment
 - Body care-washing, cooling and shrouding
 - Working with ceremony
 - Opportunity to bring resolution and healing into past loss

MEET YOUR FACILITATORS

Colleen Corrigan-Adirondacks
Sacred Explorations- Life Transitions Doula,
End-of-Life Doula, Home Funeral Guide,
Ceremonialist



Lauren Sample-Rochester NY
In Due Time- End-of-Life Doula, Home Funeral Guide

RETURNING THIS KNOWLEDGE
BACK TO OUR COMMUNITIES IN
AN ACCESSIBLE WAY