



What's Happening at NSHPCA?

Spring is an active season across NSHPCA, with strong engagement in our programs, growing interest in our events, and new opportunities to connect, learn, and participate. From a sold-out provincial conference to upcoming workshops, webinars, and awareness campaigns, there are many ways to stay informed and involved.

Explore the updates below to see what's coming up, how you can take part, and how we continue to bring people, knowledge, and partners together to strengthen palliative care and grief support across Nova Scotia.

Have you had a chance to explore our new website?

If so, we'd love to hear your thoughts. Please take a moment to complete this short survey and share your feedback.

[START SURVEY](#)

NSHPCA Conference 2026 SOLD OUT!

You heard it here first! We are pleased to share that **NSHPCA Conference 2026** is now sold out. Thank you for the incredible interest and support.

If you are still interested in attending, we are now maintaining a waitlist. To be added, please contact our team at conference@nshpca.ca or stay tuned for further details.



NSHPCA WEBINAR

When Love Remains: Finding Support After Pet Loss

April 28, 2026 | 2pm-3:30pm AST | Virtual (Zoom)



This session provides a compassionate space for individuals navigating the grief of pet loss. Recognizing that this type of grief is often profound yet socially unacknowledged, attendees will hear about the emotional, physical, and rational dimensions of loss. Gentle coping tools and self-compassion will be introduced. The session helps attendees feel understood, supported and less isolated in their grief.

REGISTER at:
nshpca.ca/community-events/
or scan the QR Code.



Kathleen Dunbar, MSW, RSW
Clinical Specialist, RVT

NSHPCA
Nova Scotia Hospice Palliative Care Association

Upcoming Events

April is full of opportunities to learn, connect, and engage with topics that matter. Join us for:

Advance Care Planning workshops.
A special webinar on grief and pet loss: *When Love Remains: Finding Support After Pet Loss*.

View all events and register: nshpca.ca/community-events

Submit a Community Event

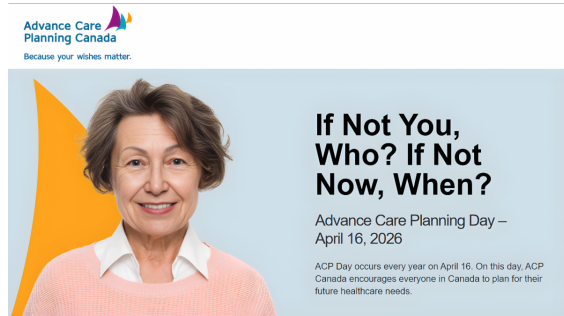
Have an event related to palliative care, grief, or emotional wellness? We invite organizations and community groups to submit events to be featured on our website and shared with audiences across Nova Scotia.

 Submit your event through our [website](#).

Advance Care Planning (ACP) Day

April 16, 2026 marks National Advance Care Planning Day - an opportunity to reflect on what matters most and ensure your healthcare wishes are known and respected.

We encourage all Nova Scotians to start the conversation and explore available tools and resources.



For more information, please visit the [ACP page](#) on our website.

If you're interested in hosting an ACP workshop in your community (pending volunteer availability in your area), or would like to request an online session, please contact us at info@nshpca.ca.

National Hospice Palliative Care Week

Join us in recognizing National Hospice Palliative Care Week, taking place **May 3-9**.

This annual awareness week highlights the importance of quality palliative care and the impact it has on individuals, families, and communities.



May 3-9, 2026

Palliative Care Everywhere

Many people in Canada still face barriers to accessing palliative care due to factors such as age, location, diagnosis, race or ethnicity, and housing instability.

Every family facing the challenges of a life-limiting illness deserves the best possible care and support. Whether in hospice, at home, in long-term care, or in hospital, palliative care can and should be available in any setting to meet individual needs.

This National Hospice Palliative Care Week, let's come together to call for equitable access to quality hospice palliative care for every community, everywhere.

 Learn more: www.chpca.ca/awareness/national-hospice-palliative-care-week/



Still Here Podcast - Season 2 Launching this May

Real stories. Honest conversations.

The Still Here Podcast is back this May with Season 2, bringing more powerful stories, honest conversations, and insights into caregiving, grief, and palliative care. We're planning 6-8 episodes this year - and we want to hear from you.

Have a story to share? Know someone who should be featured? Have a topic that matters?

We're inviting ideas and guest suggestions from our community. Reach out to Michael Kydd at mkydd@nshpca.ca

Stay tuned - our first episode announcement is coming soon.

Season 1 Highlights

Our first season introduced powerful, deeply personal stories that resonated across our community:

- Episode 1 (Part One & Two): ***The Garden She Built, The Woman She Is*** - is a moving, two-part story following a husband's caregiving journey alongside his wife, reflecting on love, resilience, and life after loss.
- Episode 2: ***When Care Becomes Personal*** - is a candid conversation about the emotional toll of caregiving and how personal experiences shape professional perspectives.

You can watch both episodes at <https://nshpca.ca/still-here-podcast/>.

NSHPCA is a provincial, non-profit organization that provides leadership, education, and advocacy in hospice palliative care, grief, and emotional wellness. While we do not deliver care directly, our role is to ensure that individuals and families can access compassionate support by strengthening community capacity, sharing information, and supporting those who provide care.



Nova Scotia Hospice Palliative Care Association | 647 Bedford Highway | Halifax, NS B3M 0A5 CA

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