

Honouring African Nova Scotian Perspectives

# REGISTER NOW

**Living Well, Leaving Well:  
Conversations on End-of-Life and Grief**

**The Strength Myth:  
Unspoken Pain in the Black Community**

Speaker: Danita Williams, B.A., B.Ed.,  
M.Ed, CCC, RCT-Candidate

Danita Williams will lead a presentation exploring how expectations of “strength” in Black communities can silence grief and emotional pain, creating pressure to hide vulnerability and avoid support.

Later in the day participants will then explore the importance of Advance Care Planning for future health and personal care decisions, followed by discussion around grief needs in the community.

**Saturday, May 23, 2026**  
**10:00 a.m - 3:00 p.m**

**New Horizons Baptist Church 5457 Nora Bernard St.**

Hosted by the Nova Scotia Hospice Palliative Care Association



Scan QR code to register.



For more information, please email/call:  
**blynch@nshpca.ca | 782-321-9448**

