

FREE 90 MINUTE VIRTUAL INTERACTIVE WORKSHOP

PalCare is pleased to offer a
Free Virtual Interactive Workshop with
Brian Douglas MSW, RSW of Let's Get Griefy

An Introduction to Legacy with Brian Douglas, MSW, RSW

What if legacy isn't something we leave behind, but something we are living every day? Rooted in the principles of Dignity Therapy, this session introduces legacy work as a way of honoring people's stories, values, and lived experiences across the lifespan.

**Tuesday November 10, 2026
6:00 PM to 7:30 PM on Zoom**

Register at
<https://www.mypalcare.org/workshops>

