



Media Release

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Getting Comfortable With Death: Explore mortality with a death doula and educator

We all eventually have a date with death. While death is a complex and often emotional topic, discussion, reflection, and community connections can help people manage anxieties and face the facts of human mortality.

Join death doula and educator Siobhan Skehan for Getting Comfortable With Death, an open discussion not connected to specific religious beliefs. The conversation is part of a broader collective called the [Date With Death Club](#).

Getting Comfortable With Death will happen on Feb. 8 from 5:30 -7:45 p.m. at the Central Branch. Registration is required and can be completed at <https://calendar.kfpl.ca/event/7705835> or over the phone at 613-549-8888.

Skehan, a former high school teacher, now offers death doula support and provides community-based death and dying education. She is passionate about spreading the message that “doing death differently” is possible.

“By coming to this event, people will be able to explore mortality in community, make connections and learn what death doulas do,” said Jake Miller, Librarian, Adult Programming. “With resources provided for everyone who attends, we hope they come away with a better understanding of what death means to them and how they want to approach mortality.”

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