

# Palliative care education for everyone

**PalliLearn** is a series of short, interactive courses delivered by Alberta health professionals that help people develop the knowledge and confidence to offer meaningful support to family, friends and community members. The courses can be offered individually or as a series, virtually or in person. They include:



**What is Palliative Care?** Palliative care is more than you think. Learn what palliative care is and why it's important in clear language that you can share with the people around you.



**Your Role in a Compassionate Community** Compassionate Communities are networks of support around people experiencing serious illness, death and grief. Gain information and ideas about how to nurture Compassionate Communities near you.



**How to Have Conversations about Dying and Grief** Conversations about dying and grief are important but can be hard. This course provides practical tips on how to have caring and compassionate conversations on these topics with friends, family, co-workers and neighbours.



**What Matters Most?** Knowing what matters most helps us live well now and in the future. Learn how to identify and share what matters to you in your life and in your care, as well as how to find out and support what matters to the people close to you.



PalliLearn course material was developed for use in Alberta by the Covenant Health Palliative Institute in collaboration with Palliative Care South Australia.

For more information visit [CompassionateAlberta.ca](https://CompassionateAlberta.ca) or contact [palliative.institute@covenanthealth.ca](mailto:palliative.institute@covenanthealth.ca).



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