

#5. Soup Ottawa Project Application

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Project Title: Death Cafe Ottawa

Describe your project (max. 200 words):

Death Café is a creative way to explore how increasing our awareness of death, loss, and grief both informs and inspires the way we live. At local cafes, over cake & coffee, Death Cafe guests gather to talk about LIFE, DEATH and everything in between. You will find a Death Café happening somewhere in the world almost every single week. At Death Café Ottawa, a typical event includes opening remarks by the hosts, small group conversations (each table is equipped with a jar filled with questions, half on death/loss/grief, half on life), an interactive activity (e.g. "Before I Die..." wall, Grief by Notes, etc.), closing thoughts, readings and feedback. Our discussions have become those of inclusion, acceptance and openness, while increasing guests' knowledge, awareness and comfort with the topic -- in all its forms. Together we face and explore everything from our own inevitable death, to the myriad of losses we face in life, the death of someone we love...and how all this can inspire the way we live. Today. These conversations prove to be inspiring, educational, thought-provoking, community building, and transformative.

Death Cafe Ottawa: <http://vimeo.com/69930763>

<http://www.hereafterevents.com/deathcafeottawa.html>

<https://www.facebook.com/deathcafeottawa>

CTV: <https://www.youtube.com/watch?v=6U-LToVrkiA>

CBC: <http://www.cbc.ca/player/Radio/Local+Shows/Ontario/ID/2392602188/>

<http://www.deathcafe.com>

Tell us this project's story (max. 100 words):

We met at a Creative Mornings event. Instant bond. Over what? Death, grief, loss and a belief that there is a different way to approach and a need to shift the culture around these topics. Emma runs Hereafter Events, an end-of-life celebration company. Kate faced devastating loss following a TBI, an experience that shattered her world...wide open. Life rarely goes 'as planned'. When we stop fear & taboo from preventing us to face this, not only does it inspire the way we LIVE, but it educates, heals, and helps us face death in a whole new way. Trauma into transformation.

Each project needs to be connected to this events' theme - "Giving Voice" (max. 100 words):

Simply put, Death Cafe provides a safe space for people in the community to open up about their thoughts and experiences with grief, death, and loss. Hosting this event, we are "giving voice" to those who may feel disconnected from friends, family and community because these topics are commonly avoided in everyday conversations. At the beginning of a DC, people are quiet, shy, somewhat nervous. At the end, they are talking, laughing, sharing, and hugging. It is truly beautiful to

see how this conversation can turn strangers into friends, change a community, and transform our culture as a whole.

How will you use Soup Ottawa money for this particular project? (be specific - people will ask) (max. 100 words):

We would first use approximately \$300 to pay off debt from the last two events, as we used personal funds to get the event off the ground. The remaining money would go towards future Death Cafes in Ottawa. Our next event will be held in mid-April. Each event costs approximately \$500 to run. The money would be used to cover food, treats and coffee/tea (specifically cake - a key part of the Death Café tradition), to pay for additional rentals (tables, chairs, equipment), and supplies (handouts and interactive materials for DC guests), signs, marketing materials, printing, and related admin expenses.

What non-monetary needs does your project have (i.e. volunteers, tech support, etc.)? (max. 100 words):

Volunteers to help us seek out local venues and sponsors (food, coffee, etc.), photographers to take pictures at the event, tech support so we can possibly show video clips, tables and chairs to supplement what is available at the selected cafe. For the first two events, we spent a considerable amount of time seeking out sponsors, as their generous support made them all possible.