NIAGARA NORTH
Family Health Team

SPRING WEBINAR SERIES 2026

Webinars will take place via zoom from 12 pm to 1 pm.
Please register in advance.
Webinars will be recorded and available on our website. Click the program names to register or visit our website.

Monday, May 11 at 12 pm

MAiD (Medical Assistance in Dying) What you need to know

This session will provide introductory information regarding Medical Assistance in Dying, including who qualifies for MAiD, how to access assisted dying and what happens when a person chooses to have MAiD.

Monday, May 27 at 12 pm

Interpersonal Effectiveness: Better Conversations, Stronger Relationships

Arguing with a loved one? Difficulties saying no? Struggle to ask for help? Hard to make friends? If you answered "yes" to any of these questions you're not alone. We all have learned language to communicate but HOW we communicate can really make the difference in how we feel about ourselves and our relationships. Join me for an hour of information and tidbits to have "better communications and stronger relationships".

Wednesday, June 3 at 12 pm

Anticipatory Grief: Living with Gratitude

This webinar will present information on what anticipatory grief is and how it relates to persons living with life limiting illness as well as their loved ones/caregivers. It will also provide coping strategies, aspects of self care and a focus on gratitude.