ADVANCE CARE PLANNING

Helping People Prepare for Future Health Decisions

CommunityCare NORTHUMBERLAND

FREE WORKSHOP - FEBRUARY 10, 2026

One-hour workshop
Interactive workbooks & conversation starters provided!

Location: Ed's House Northumberland Hospice Care Centre | 1301 Ontario St, Cobourg
Room: Education Room
Time: 10 a.m. to 12 p.m.

Learn about your Healthcare rights, prepare your family and friends, and make a plan for the care you want - now and in the future.

- Identify your Substitute Decision Maker (SDM).
- Understand how Ontario governs consent to care.
- Appoint a Power of Attorney for Personal Care if needed.
- Share values, wishes, and beliefs that guide future care decisions.

To register, please contact Nancy Bruce at 365-400-7580 x165 or email n.bruce@commcare.ca