



Covenant  
Health

Palliative Institute

# Member Sharing Meeting PalliPro Update

April 9, 2026

**Facilitated by:** Sheila Killoran, Education Lead, Covenant Health  
Palliative Institute

**Host:** Christy Roulstone, Covenant Health Palliative Institute





# Reminders

- This session is being recorded.
- Please do not disclose any personal health information during the session.
- Your microphones are muted. When we invite participation, please unmute yourself if you'd like to speak at that time.
- If you experience technical difficulties, please let us know in the chat.

# Land Acknowledgement



# Learning Goals

- An opportunity for members to share current work, highlight initiatives, or raise topics that may be of interest to others in the community.





Palliative Institute

# Updates: PalliPro New Modules!

Sheila Killoran Education Lead, Palliative Institute, Alberta



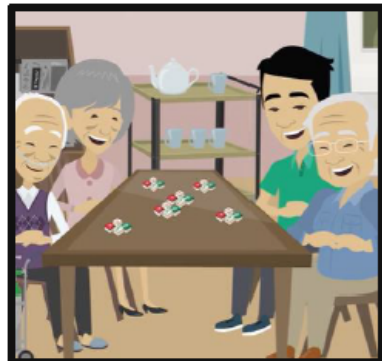
# Palli Pro

Palliative Care  
Interprofessional Education



Access free palliative care education for all Alberta healthcare providers [here](#). New modules.

Complete interactive modules to strengthen knowledge, skills and attitudes necessary in providing excellent palliative care.



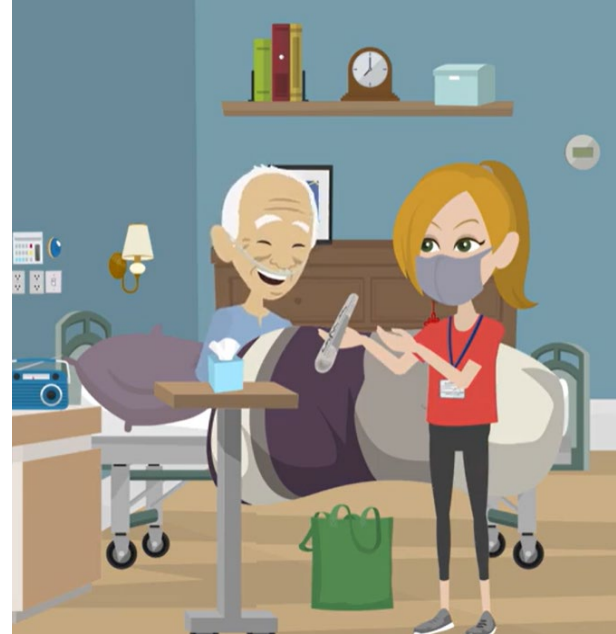


# New Content

[New Modules now available!](#)

- Challenging Situations
- Psychosocial Spiritual Needs
- Palliative Emergencies
- Palliative Sedation
- New Stories: Annie & Mr. Lee

[PalliPro: Palliative Care  
Interprofessional Education | Rise 360](#)



# Meet Mr. Lee

- Palliative approach Dementia Care
- Emergency care & teamwork
- Caregiver centered care
- Cultural awareness



# Meet Annie

- Cultural awareness
- Disease progression
- Expected Death at home
- Interprofessional approach



# Questions

Sheila Killoran

Education Lead

Palliative Institute, Edmonton, Alberta

[Sheila.Killoran@covenanthealth.ca](mailto:Sheila.Killoran@covenanthealth.ca)



# Play PalliPro

- [PalliPro: Palliative Care Interprofessional Education | Rise 360](#)
- [Lesson plan resources and Information](#)





# Upcoming Event:

## Planning Ahead:

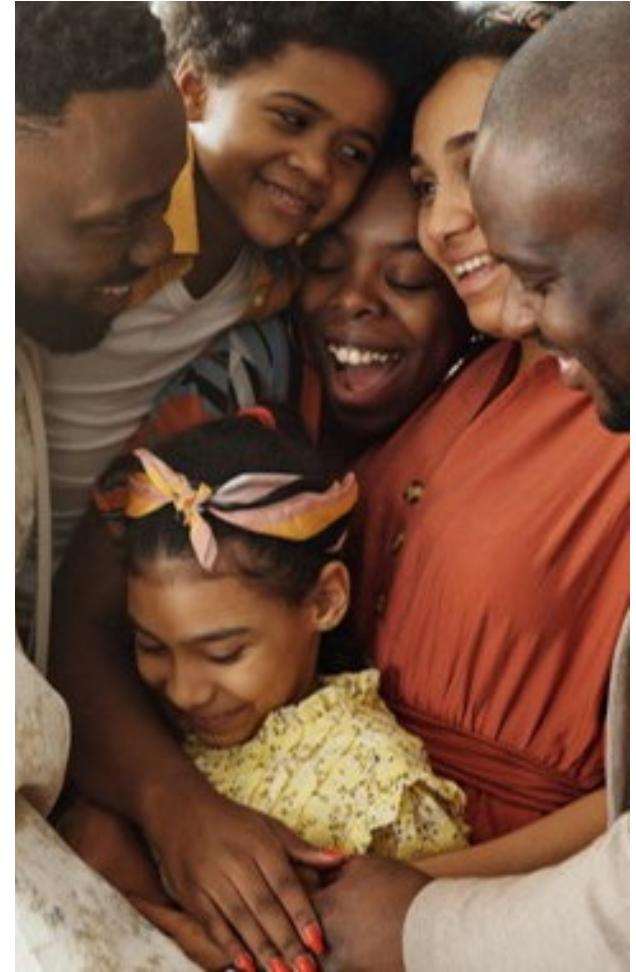
### **A Free Personal Directive Workshop**

Wednesday, April 29<sup>th</sup>, 2026

**6:00 -8:00pm**

Covenant Community Health Centre,  
7319 29 Ave NW, Edmonton, AB

[Registration Eventbrite](#)





# Psychosocial Spiritual Alberta CoP

May 14<sup>th</sup> · 12 to 1 p.m. (MST)



## Trauma Informed Palliative Care

Speakers: Janet de Groot, BMedSc., MD, MMedSc, FRCPC; psychiatrist,  
Professor of Psychiatry, Oncology and Community Health Sciences,  
University Of Calgary



# Alberta Hospice Palliative CoP

May 28<sup>th</sup> at 2pm

More than witnessing a choice:  
Family Members and MAiD

Speaker: Dr. Tracy L. Powell, PhD, RN, Associate Profes  
Health, Community and Education, Mount Royal University in Calgary, AB





# Evaluation



<https://redcap.albertahealthservices.ca/surveys/?s=RACDLTCC4THMK3XE>



# Thank You!

## Stay Connected

- Visit [Palliative Institute | Covenant Health](https://covenanthealth.ca/palliative-institute) (covenanthealth.ca) to access all our tools and resources.
- Contact us at: [Palliative.Institute@covenanthealth.ca](mailto:Palliative.Institute@covenanthealth.ca)



## Resources from Member Sharing Meeting- Psychosocial Spiritual COP - April 9, 2026

Resources for Families:

“When The Time Comes”: A Guide for End-of-Life Planning for Indigenous People

[When-the-Time-Comes-Final-Edit-and-Format3510-march-24.pdf](#)

[Final days – What to expect](#)

Handouts:

Scroll down to bottom to find handouts [Final days – When death happens](#)

- What To say To Someone Who Is Dying [One Pager Template](#)
- What To Expect As The Final Stage Of Death Approaches [One Pager Template](#)
- What Is Anticipatory Grief? [One Pager Template](#)

Scroll down to the bottom of the page for all handouts: [Grief and bereavement](#)

- What Is Anticipatory Grief? [One Pager Template](#)
- Grief In The Family [One Pager Template](#)
- How To Work Through Grief [One Pager Template](#)
- Child Bereavement: What A Grieving Child Feels [One Pager Template](#)
- How To Support A Teenager Who Is Grieving [One Pager Template](#)

Education - PalliPro: Palliative Care Interprofessional Education

[Resources for healthcare providers](#) | [Palliative Institute](#) | [Covenant Health](#)

Supporting Difficult Conversations: [Serious Illness Care Program Clinician Reference Guide](#)

24/7 Palliative Physician OnCall service RAPPID - [Palliative Physician On-Call Service](#) | [Alberta Health Services](#)

This list was created by Palliative Home Care social workers in Continuing Care Edmonton Zone as a reference to resources available in Edmonton and area. It is not an exhaustive list nor a guaranteed endorsement of services.

## Edmonton/Alberta Referrals:

<b>The Distress Line</b>	<b>780-482-HELP (4357)</b>
Access 24/7	Adult Intake Services: 780-424-2424
211	24 hours Outside Edmonton 780-482-4636 (INFO) Hearing Impaired TTY 780-482-7273 <a href="http://www.ab.211.ca">www.ab.211.ca</a>
Canadian Mental Health Association	Edmonton Region: 780-414-6300
<a href="http://www.informAlberta.ca">www.informAlberta.ca</a>	Find the information you need about community, health, social, and government services across the province.
Psychologists' Association of Alberta	Online Referral Search: <a href="http://www.psychologistsassociation.ab.ca/site/home">www.psychologistsassociation.ab.ca/site/home</a> Edmonton: 780-424-0294, Toll Free: 1-888-424-0297
You Can Benefit	An online tool to find various support resources, including mental health supports and family services. <a href="http://www.youcanbenefit.ca">www.youcanbenefit.ca</a>

## Counselling & Support Resources:

Caregivers Alberta	Offers an array of virtual programs to support caregivers and address burnout. <a href="http://www.caregiversalberta.ca">www.caregiversalberta.ca</a> Phone: (780-453-5088)
Catholic Social Services	Provides a variety of support services, including counselling. <a href="http://www.cssalberta.ca">www.cssalberta.ca</a> Phone: (780) 432-1137 <i>Mercy Counselling</i> : Edmonton: (780) 391-3233
Community Counselling Centre	Provides individual & family counselling. Sliding fee scales offered. <a href="http://www.communitycounsellingcentre.ca">www.communitycounsellingcentre.ca</a> Phone: (780) 482-3711

Cornerstone Counselling Centre	Provides individual & family counselling. Fee subsidies available based on financial need. <a href="http://www.cornerstonecounselling.com">www.cornerstonecounselling.com</a> Phone: (780) 482-6215
Drop-In Single Session Counselling	<a href="http://www.dropinyeg.ca">www.dropinyeg.ca</a>
Edmonton Counselling Services	Comprehensive clinic that offers a broad range of services, including grief & bereavement counselling. Free initial telephone consultation. <a href="http://www.edmontoncounsellingservices.ca">www.edmontoncounsellingservices.ca</a> Phone: 780-328-7706
Edmonton Healing Centre (Jewish Family Services)	Provides 1:1 counselling services, grief & loss programs, support groups and education services (support for children/teens available). Sliding scale fees offered. <a href="http://www.jfse.org">www.jfse.org</a> , Phone: (780) 454-1194
The Family Centre	Offers specialized counselling services and support resources. First 50-minute sessions free, offered virtually over the phone or in-person with referral for additional services if needed. <a href="http://www.familycentre.org/counselling">www.familycentre.org/counselling</a> , Phone: (780) 423-2831
The Grief & Trauma Healing Centre	Offers counselling & support for individuals, families, couples who have experienced loss. <a href="http://www.healmyheart.ca">www.healmyheart.ca</a> , Phone: 780-288-8011
Grieving Parents Society (Of Edmonton)	Offers peer support groups for parents that have had a child or children pass away at any age or from any cause. Free monthly meetings. <a href="http://www.grievingparents.ca">www.grievingparents.ca</a> , Phone: (780)451-5381
Momentum Counselling	A non-profit agency providing virtual and in-person counselling sessions as well as grief & loss workshops & programs. Sliding scale fees. <a href="http://www.momentumcounselling.org">www.momentumcounselling.org</a> , Phone: (780) 757-0900
Pilgrims Hospice	Offers grief programs and support for adults as well as children and teens. There is no cost to access grief support. <a href="http://www.pilgrimshospice.ca">www.pilgrimshospice.ca</a> , Phone: (780) 413-9801
Yoga For Grief Support	Offers classes, online support and mindful relaxation strategies for those grieving the death of a loved one. <a href="http://www.yogaforgriefsupport.com">www.yogaforgriefsupport.com</a> , Phone: 780-916-2417

## ONLINE

Canadian Virtual Hospice	<a href="http://www.virtualhospice.ca">www.virtualhospice.ca</a>
The Grief & Trauma Healing Centre	Offers online individual, as well as children & teen therapy. <a href="http://www.healmyheart.ca">www.healmyheart.ca</a>
Rapid Access Counselling	Offered via the Family Centre. Offers online, free, single session counselling (75 minutes). <a href="http://www.racalberta.ca">www.racalberta.ca</a>
<a href="http://www.MyGrief.ca">www.MyGrief.ca</a> and <a href="http://www.kidsgrief.ca">www.kidsgrief.ca</a>	Offered through the Canadian Virtual Hospice. Online learning platforms that specifically offer resources and practical tools to help adults and children with grieving loss.
<a href="http://www.betterhelp.com">www.betterhelp.com</a>	Offers online therapy with licensed, experienced professionals. There is a cost to access this support (ranges from \$80-\$110/week based on location, preferences and therapist availability).

All Employees will have access to an Employee and Family Assistance Program through your specific site or employer.

**For AHS Employees:**

Contact EFAP Any Time: 1-877-273-3134

| [homeweb.ca](http://homeweb.ca) | [e-AP](#).

Available 24 hours a day, 7 days a week

**For Covenant Health Employees:**

**Homewood Health**

Toll Free: 1.800.663.1142

En français: 1.866.398.9505

TTY: 1.888.384.1152

**Psychological Health and Wellness**

[wellness@covenanthealth.ca](mailto:wellness@covenanthealth.ca)

accessible via the [Alberta Medical Association \(AMA\) website](#)

Physicians can contact the [Physician and Family Support Program](#), a confidential 24/7 support line at 1-877-SOS-4MDS.

Please also consult your union or role specific benefit program for access to counselling and wellness resources.