

My Legacy Box

A Gift for Those I Leave Behind

Sat 22 Feb 2025, 10am-12pm

Room 1, Atwell House (main house)
586 Canning Highway, Alfred Cove

A workshop for carers

Even when we expect death, it can still come as a rude shock and, more often than not, we are grossly under-prepared. While alive and well, we can create something to ease the pain and perhaps even entertain those we leave behind.

At this workshop with Erin Griffin, we'll focus on the contents of your legacy box. If you don't have a box to bring along, that's fine. If you have one, feel free to bring it. Erin found hers at an op-shop.

Together we will:

- contemplate how we want to be remembered and connect with our living legacy
- create some practical and personal goodies for a legacy box with those you leave behind
- explore the more sentimental, unique, quirky pieces you might include in your legacy box
- review some of the legal documentation required at the end of life

Your new legacy box will be as unique as you!



About Erin Griffin

Erin talks about death and dying like it's the most natural thing in the world—because it is. She knows in her bones we can do death differently, before, during and after.

Erin specialises in community education, grief guidance, yoga for grief, and end-of-life planning. She's particularly passionate about doing these things while we're alive and well!

As a death doula, Erin walks alongside individuals and families as they navigate end of life, by offering her tender care, advocacy and deep listening skills in a way that bridges the gap between clinical and community care.

Note

Erin will talk openly about death and dying. If you're not feeling resourced in yourself, that's OK, perhaps skip this session out. There will be other opportunities.

Register today

Contact Robyn at robyn.stone@mifwa.org.au
or 0409 523 666 to reserve your spot.