

# Death Cafe

**Where friends and strangers gather to eat  
cake, drink coffee & tea and discuss death.**

A Death Cafe is a unique and meaningful event designed to create a safe, respectful space to talk about death, dying, and the many emotions, fears, and curiosities that surround it. Far from being morbid, Death Cafes are life-affirming, offering an open dialogue that encourages participants to reflect on what truly matters.

The Death Cafe model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. The format is informal: there's no agenda, no guest speakers, and nothing for sale—just guided conversation over tea and cake. The result is often profound, cathartic, and surprisingly uplifting.

For community groups, wellness organizations, faith-based institutions, libraries, and care-related agencies, hosting a

Death Cafe offers a powerful opportunity to engage members in a topic that is often avoided but universally relevant. Participants leave feeling more connected, less alone in their thoughts, and more at peace with the idea of mortality. These events break down taboos and reduce the stigma around death, which can in turn foster resilience, compassion, and deeper interpersonal connections.

If you're an event planner or organizer, scheduling a Death Cafe adds rich value to your programming. It draws diverse attendees—from young adults to elders—and encourages meaningful interaction across generations.

Offering a Death Cafe not only serves your community—it opens the door to healing, insight, and human connection.



Facilitated by Cory Bretz, an experienced moderator, End of Life Doula, spiritual coach, and Life Review Legacy Project Specialist, this event can stand alone or complement other initiatives in wellness, grief support, or personal growth.



**Schedule a Death Cafe for your organization or attend one of our upcoming sessions.**

Phone 778-887-7446 or visit [www.corybretz.com/death-cafes](http://www.corybretz.com/death-cafes)