

Spiritus/Virgil's Dance | Community Resources

Spiritus/Virgil's Dance allows us the space to explore our relationship with life and death. Our individual odysseys towards greater understanding can manifest within our bodies in unexpected ways. The goal is to explore this relationship with equal parts acute truth and unflinching compassion. If, like Virgil, you find yourself searching for answers, or are in need of support, we've compiled resources below to assist you on your journey.



The Center for Hope and Healing provides trauma and resilience-informed support and safe spaces for survivors to heal through its free and confidential counseling, legal and medical advocacy, and 24-hour crisis hotline.

<https://chhinc.org/get-help>

CHAT: <https://www.resourceconnect.com/chhinc/chat>

CALL 24 HOUR HOTLINE: 800.542.5212



The **Lowell Community Health Center**, a local organization in downtown Lowell, provides comprehensive behavioral health services for people. The clinic's wide range of services is designed to provide care and promote wellness for those who are concerned about mental health issues. Their team of experienced, multi-cultural, and multi-lingual clinicians provides treatment for children, adolescents, and adults through individual, group, couple, and family therapy sessions. The diverse backgrounds, orientations, and specialties of their clinicians enable the Health Center to provide an individualized approach.

Request an appointment: <https://www.lchealth.org/request-an-appointment/>

CALL: 978.937.9700

Death Cafe

Are you interested in discussing death further within your community? **Death Cafes** are intentional gatherings where people drink tea, eat cake and discuss death. These accessible meet ups occur around the country, with the goal to "increase awareness of death with a view to helping people make the most of their lives". If you are interested in further learning about death cafes, attending a death cafe, or organizing a death cafe in your community, visit <https://www.deathcafe.com>.



A **GriefShare** support group is a safe, welcoming place where people understand the difficult emotions of grief. Through a 13-week group, people discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, people learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

FIND A VIRTUAL OR IN PERSON GROUP: <https://www.griefshare.org/findagroup>



The **International End-Of-Life Doula Association** is a resource who strives to ensure all individuals have accessible, equitable, and compassionate deathcare that holistically affirms one's humanity and supports end-of-life choices. They provide training and workshops for doulas as well as a directory of their trained end-of-life doulas. INELDA doulas are trained to support the dying, their family, and loved ones. End-of-life doulas also explain the signs and symptoms one may witness and remain present during the active dying period.

<https://inelda.org/>

Further Exploration of Death, Life, and Community:

"[Why Thinking About Death Helps You Live a Better Life](#)" - TED talk by Alua Arthur, a death doula

"[What the living can learn from the dying](#)" - a conversation with Frank Ostaseski by Sean Illing

"[Discussing Death With Young Children](#)" - by Teresa Olin and Amanda Wilcox-Herzog

"[How To Build Community and Why It Matters So Much](#)" - by Tracy Brower, PhD

If you find yourself in need of immediate assistance during or after the performance, please find an MRT staff member. As a community, we are here to support each other.

<https://mrt.org/show/spiritus-virgil's-dance>

***Spiritus/Virgil's Dance* | Community Resources**

MRT Community Event

A Guided Conversation with End-Of-Life Doula, Michele Bograd

Sunday, May 19th

Liberty Hall

directly following the performance (~3:00 PM)

MRT will host a community discussion following the evening's performance with an end-of-life doula, Michele Bograd, and writer/actor of *Spiritus / Virgil's Dance*, Dael Orlandersmith. The conversation will be moderated by MRT's Executive Artistic Director, Courtney Sale.



“I believe that our society has made death a medical problem rather than a human transition, an uncomfortable conversation rather than an opportunity for deep human connection, an unknown rather than a profound event that can often be anticipated and held with love.

I know the healing power of planning, of facing what one fears, of frank conversations, and of the preciousness of dwindling time.

My intention as an end-of-life doula is to shine light into this territory.”

Michele Bograd, an end-of-life doula, is in private practice having been the first end-of-life doula at Tufts Medical Care At Home. She worked with people in both the hospice house and in their homes.

She became a doula after decades as a psychologist and psychotherapist. To understand her passion for this work and to learn more about what an end-of-life doula provides for people and their loved ones, see her website at www.michelebograd.com.