

Bringing you
Golden Nuggets
of Hope

2013 National Gathering - Bereaved Parents of the USA



Workshops by Category

WHAT IS GRIEF?

- What is Grief? - Alan Pedersen
- Is It Grief Or Depression? How Do I Know? - Dr. Gloria & Dr. Heidi Horsley

PROCESSING GRIEF

- How To LIVE With A Broken Heart: Lessons In Loss - Dave & Beth Weikel
- Healthy Grieving - Chris Mulligan & Jane Bissler
- Who Am I Now? - Sara Ruble
- Proactive Grieving – Mitch Carmody
- The Birdhouse Project (workshop for Parents and Grandparents) - Kris Munsch
- Finding Your Direction Again - Glen Lord
- Grief and Pain: Life's Greatest Challenges... It ALL Has Meaning - Sara Ruble
- Finding Your Way Through Grief: Does Grief Come In One Size Fits All? - Darcie Sims
- Finding Those Golden Nuggets in the Garden Of Grief - Donna Kukura
- Learning to Drive in the Snow - Keith Swett
- The Gifts of Grief - Chris Mulligan
- Dealing with the Grieving Process: From Pain to Purpose - Donna Mancuso
- A Lasting Embrace, When Life Unravels—Dave Weikel
- Practical Guide to Support a Grieving Person—Radha Stern
- Stress Management in Grief – Mitch Carmody

FAMILY RELATIONSHIPS

- Grandparents' Grief - Ruth Amaro
- What Parents Need to Know About Teen Grief and Young Adult Grief - Dr. Gloria & Dr. Heidi Horsley
- Thriving Again as a Couple After Your Child Dies - Chandrama Anderson
- Parents Asking Questions of a Sibling Panel - Ann Walsh
- Do Women and Men Really Grieve Differently? – Dr. Bob Baugher
- Adopting After Loss – Glen Lord
- How Death Affect Family Relationships – Dr. Bob Baugher
- Siblings Grieve, Too – Dr. Heidi Horsley
- How to Explain-Introduce-Honor a Deceased Sibling to the New 'Sibling' in the Family - Ann Walsh
- Loss of a Child Through the Eyes of a Step Parent – Russell Sealy

FOR THE SIBLINGS

- Sibling Choir - Ann Walsh
- The Birdhouse Project (workshop for Siblings) - Kris Munsch

MEMORIALIZE

- Ways to Memorialize Your Child - Karey White
- How to Start a Memorial Garden – Bob & Sue Rhodes

SPECIFIC LOSS

- Coping With Death After a Suicide - Dr. Bob Baugher
- Witnessing the Death - Tanya Lord
- Traumatic Loss - Donna Kukura
- Grief in the Military - Tony Sims
- Suggestions for Parents With No Surviving Children - Kay Bevington
- Guidelines for Offering Support Services After a Suicide Death - Marilyn Koenig
- Death From the Disease Of Addiction - Nancy Juracka
- Sudden Death - Donna Kukura

FOR MEN ONLY

- Dads – The Forgotten Parent - Kelly Farley
- For Men Only... A Woman Explaining Women To Men - Ann Walsh
- Panel For Men Only – Daryl Hutson

COMPLICATIONS

- Anger - Dr. Bob Baugher
- Healing Guilt And Regret - Alan Pedersen
- Anger: The Volcano Within - Darcie Sims

HEALING WITH CREATIVITY

- Memory Boards - Cindy Davis
- Healing Art for Siblings – Gretchen Davis
- Scrapbooking Your Memories - Donna Woodard
- Angel Pins (Make and Take) - Sue Rhodes

LONG TERM GRIEF

- The 1st Year Of Grief to 25 Years Down the Road - Dr. Gloria Horsley
- It Doesn't Hurt As Much Anymore – Now What Do I Do? – Dr. Bob Baugher

OTHER TOPICS

- Grief and Internet Resources - Glen Lord
- The Movies and Grief - Donna Corrigan
- Faith and Grief - Ron Harder
- Complications of Grief after Medical Error - Tanya Lord
- Project Grace Service Trips for the Bereaved Community - Carole Mahoney
- Returning to Work After the Death of Your Child – Tony Sims
- Book Discussion "Red Hook Road" by Ayelet Waldman - Donna Corrigan
- Songs of Sorrow - Mitch Carmody
- Music in Movement to Soothe the Grieving Soul - Love In Motion Choir
- Whispers of Love – Mitch Carmody
- Messages of Hope From Our Children – Kathryn Cardinale

WALKING THROUGH GRIEF SCREENING

- Screening of "Walking Through Grief," a 9-Week Educational Series

Sponsor a Workshop!

Visit www.bereavedparentsusa.org to find out how!