



Bereaved Parents USA

Virtual Gathering ♥ August 6-8, 2020

VIRTUAL GATHERING GUIDEBOOK

Welcome! Many find the grief journey more bearable when shared with those who understand. Some have been on this journey for years while others have barely begun. We walk this road together, offering one another support and hope. We are honored to virtually share this weekend with you, knowing you will be touched in some way through your experience, whether by a speaker, a workshop, a song, or a “fellow traveler” seated next to you in a Zoom meeting. Together may we find hope and healing this weekend and remember and honor our children, siblings and grandchildren gone too soon.

EVENT DETAILS

BPUSA is going virtual!! We hope this will be the next best thing to an in-person Gathering. We have worked very hard to bring you the essence of our conference while maintaining the safety and well-being of all bereaved parents, siblings and grandparents. So, relax in the comfort of your own home and get ready to be inspired by messages of hope from our keynote speakers. You will be able to choose from a wide variety of workshops that offer encouragement and tools to help you cope with your grief. We will end the Gathering with a very touching and meaningful virtual Candle Lighting and Slide Presentation of all our children, siblings and grandchildren. (Details on page 6)

A few weeks before the conference begins, you will receive an email from us with further instructions on viewing the Virtual Gathering Conference in its entirety including Zoom links to keynote speeches, ceremonies and workshops you have selected.

The BPUSA Virtual Gathering will officially begin on Thursday evening with an informal Meet & Greet at 7:00 pm EDT. Bring a beverage of your choice and learn how to create a virtual name tag. This will be followed by our Opening Ceremony with entertainment by Dr. Doug and BJ Jensen and the Love in Motion Signing Choir.

See pages 4 & 5 for the schedule of events for Friday and Saturday.

Please note that all times are in EDT. Click here to convert to your own time zone:
<https://www.thetimezoneconverter.com/>

Speakers, Performers And Special Events: All events will be presented to you using the Zoom platform. If you are not familiar with Zoom, here is an easy, light-hearted YouTube video tutorial to introduce you to Zoom <https://www.youtube.com/watch?v=kh50kValdAY>

Our four keynote speakers (see pages 7 & 8) will address us on Friday and Saturday mornings and again at noon.

Love In Motion Signing Choir will be performing their inspirational songs of love, loss and healing during the Opening and Closing Ceremonies.

Candle Lighting And Memorial Slide Presentation: This moving event is the highlight of our event. Please see the form on page 6 for details to ensure that your child's photo will be included in the slide show. Please note the deadlines for submitting photos.

Workshops: Please see pages 8-14 for workshop descriptions and pages 14-19 for the Workshop Presenter bios. You can register for your workshop choices online here:
<https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>

YOU MUST REGISTER FOR YOUR WORKSHOP CHOICES AT THE TIME OF REGISTRATION. SEE PAGES 8-14 FOR WORKSHOP DESCRIPTIONS AND PAGES 14-19 FOR PRESENTER BIOS.

Registration: We are charging a nominal fee of \$25 to help defray our costs. Please register using the online form (preferred) found on our website: <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/> OR if needed, you can print and fill out the forms found in this Guidebook and mail a check or money order made payable to BPUSA NATIONAL GATHERING to: Charlotte Jackson, BPUSA Treasurer, 34 Parish Lane, Lake Katrine, NY 12449, Phone: (845) 336-7654.

Thursday Night Meet & Greet: A special kickoff activity is planned for Thursday evening, August 6th at 7:00. This will be a fun way to get to know each other in an informal atmosphere.

Sharing Sessions: Informal meetings led by a facilitator are scheduled for Thursday and Friday evening. Participants share experiences on specific topics. Topics and times will be announced during the day. Please join us for a fun musical jam session at 10:00 pm on Thursday and Friday.

Virtual Massage: Stress is a fact in everyone's life and it is not going to go away anytime soon. These days it seems to be even more intense. So, returning (virtually) by popular demand "BACK-TO-WORK" virtual massage! Gregory T. Smith, LMT, MMP will be "offering" virtual chair massage for this year's attendees during Sharing Sessions on Thursday and Friday nights. Having a partner would be helpful but not required. There will also be additional techniques and modalities demonstrated for individuals with no partner for their self-care, pain and stress relief. Q&A to follow.

A word about donations: Your donation today in ANY amount will help provide emotional support to bereaved parents and siblings by funding our website, newsletters, and chapter meetings. Our Annual Gathering Conference is a major source of revenue and since it and all of its sponsorships were canceled, BPUSA is experiencing a fundraising shortfall. It has been a trying time for many bereaved families across the country. If you are able to give, they need your support now.

It is highly recommended that you register using the online form found on our website: <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/> If that is not possible, you can use the following forms to print, fill out and send to the address on the forms.

2020 MAIL-IN REGISTRATION FORMS

Submit ONE FORM for each ATTENDEE

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone _____

Email: _____

Child/sibling/grandchild's name: _____

Child/sibling/grandchild's name: _____

Birth Date: _____ Death Date: _____ | Birth Date: _____ Death Date: _____

Your relationship to loved one: _____

Do you have surviving children? _____ If you are a sibling, what is your age? _____

Is this your first time attending a BPUSA Gathering? _____

ITEM	QTY.	PRICE	TOTAL
Registration Fee		\$ 25.00	
BPUSA 25th Anniversary Adult Polo Shirt:		\$ 25.00	
Size & Color: <input type="checkbox"/> S, <input type="checkbox"/> M, <input type="checkbox"/> L, <input type="checkbox"/> XL, <input type="checkbox"/> 2X, <input type="checkbox"/> 3X <input type="checkbox"/> BLUE <input type="checkbox"/> PINK			
Donation In Memory of			
	TOTAL DUE		\$

- I hereby agree to the following:
- participation in the conference using the online Zoom application could pose a chance of security being breached. I will not hold Bereaved Parents of the USA, Inc. responsible in any way.
 - any recordings of Zoom workshops and/or speaker presentations are prohibited. All Zoom recordings are to be kept private and confidential.
 - any online Zoom workshop presenters and/or speaker presentations are in no way a representation of professional counselors', psychiatrists', or therapists' advice and/or services.
 - the Zoom Host and/or Moderator reserves the right to terminate the attendance of any participant who has not registered for the Bereaved Parents of the USA Virtual conference or is exhibiting disruptive behavior in the meeting.

7:00 - THURSDAY NIGHT MEET & GREET and OPENING CEREMONY

**FRIDAY SCHEDULE OF EVENTS &
MAIL-IN WORKSHOP REGISTRATION FORM**

See pages 8-14 for workshop descriptions and pages 14-19 for presenter bios

FRIDAY WELCOME – 10:00

Keynote Speaker Bobby Morton – 10:15

15-minute break

FRIDAY – Session A 11:00 – 11:45

Circle one:

- A1 – Dennis Apple - Struggling to Reclaim My Faith
- A2 – Sadija Smiley - Bright Futures
- A3 – Bobby Morton - Men In Grief
- A4 – Jay & Kelly Kovaleski & Family - Navigating Life after Loss
- A5 – Sara Ruble - Who Am I Now?

15-minute break

FRIDAY – Session B 12:00 – 12:45

Circle one:

- B1 – Sam Timbrook - How Personality May Affect Grieving & Mourning
- B2 – Anne Moss Rogers - Coping Strategies for Grief & Loss
- B3 – Crystal Webster - Finding Peace through the Page
- B4 – Ellen Krohne - Grief and Hope Inside the Opioid Crisis
- B5 – Chris Mulligan - Beyond Signs: Living and Growing With and Without Your Loved One

30-minute lunch break

Keynote Speaker Kovaleski Family -- 1:15

15-minute break

FRIDAY – Session C 2:00 – 2:45

Circle one:

- C1 – Paul Balasic - A Grief Equation – An Engineer Looks at Grief
- C2 – Dr. Mary Welsh - Journey into the Looking Glass: Finding Hope - Power of Positivity
- C3 – BJ & Doug Jensen - 10 Healthy Ways to Feel Better During Grief
- C4 – Sarah Kravits - Phantom Limb: Living with the Loss of a Sibling
- C5 – Beth D'Angelo - The Warrior Within: Living Inside Your Story With Grace

15-minute break

FRIDAY – Session D 3:00 – 3:45

Circle one:

- D1 – Vickie Lundy - Reflecting on Purpose after Loss: Art Therapy for the Artistically Challenged
- D2 – Gary Roe - GRIEF TSUNAMI: How Child Loss Impacts Everything (And What You Can Do In Response)
- D3 – Dr. Susan Bartel - A Mother Still? Life, years after the death of an only child/all children
- D4 – Susan Casey - Rock On: Mining for Joy in the Deep River of Sibling Grief
- D5 – Bobby Morton - Following the Yellow Brick Road: Our Personal Odyssey Through Grief Panel

SHARING SESSIONS @ 7:00!

**SATURDAY SCHEDULE OF EVENTS &
MAIL-IN WORKSHOP REGISTRATION FORM**

See pages 8-14 for workshop descriptions and pages 14-19 for presenter bios

SATURDAY ANNOUNCEMENTS – 10:00

Keynote Speaker Anne Moss Rogers -- 10:15

15-minute break

SATURDAY – Session E 11:00 – 11:45

Circle one:

- E1 – Julie Blackburn - Finding Yourself Within the Grief
- E2 – Laura Diehl - When Tragedy Strikes: Rebuilding Your Life with Hope & Healing
- E3 – Lora & Dave Krum - Apart From Us, But Always A Part of Us
- E4 – Susan Casey - The Therapeutic Benefits of Writing Through Grief & Loss
- E5 – Sara Ruble – Death Teaches ~ Finding New Meaning

15-minute break

SATURDAY – Session F 12:00 – 12:45

Circle one:

- F1 – Ann Dagle - Healing Hearts Meditation
- F2 – BJ & Doug Jensen - What To Do With Guilt, Shame, and Regret
- F3 – Melissa Leavy - Your Future: 6 Estate Planning Must Haves
- F4 – Jay & Kelly Kovaleski & Family - Navigating Life after Losing a Sibling
- F5 – Cindy Magee - How Do I Live Without You?

30-minute lunch break

Keynote Speaker Susan Toler Carr – 1:15

15-minute break

SATURDAY – Session G 2:00 – 2:45

Circle one:

- G1 – Vanessa Pentz - The Gift of Music through Grief and Bereavement
- G2 – Pat Sheveland - How Do I Survive? 7 Steps to Living After Child Loss
- G3 – Susan & Darrell Carr - He Said, She Said: How People Respond Differently to Loss
- G4 – Sarah Kravits & Susan Casey - Parents & Siblings Idea Exchange
- G5 – Sara Ruble - Co-Existing With Our Children in Grief & Spirit Panel

15-minute break

SATURDAY – Session H 3:00 – 3:45

Circle one:

- H1 – Cat Guthrie - Grief Yoga®
- H2 – Laura Diehl - The Many Facets of Forgiveness
- H3 – Dr. Alycia Marshall - Finding Peace and Joy After Child Loss: Helpful Tips for Bereaved Parents
- H4 – Michayla Kovaleski - YOU-nique Footprints: Taking Individuality by Storm
- H5 – Bobby Morton - Exploring the Human Experience of Grief; A Spiritual Journey Panel

15-minute break

**SATURDAY CANDLE LIGHTING CEREMONY &
MEMORIAL SLIDE PRESENTATION – 4:00**

MAIL-IN SLIDESHOW PRESENTATION FORM

The slideshow presentation during the Candlelight Service is a meaningful part of our Gatherings. If you've submitted a photo for a past Gathering slide presentation, you don't need to do anything. If this is not the case, a picture and completed form are needed for **each** child/sibling/grandchild being remembered for showing during the Candlelight Service. Please put child/sibling/grandchild's name and address on the back of the photo and submit one of the following ways:

1. Email photo in jpg format & form to bpusaweblinks@gmail.com **no later than July 27th**
2. Upload photo on the electronic registration form on our conference web page: <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>
3. Send a photo of your child/sibling/grandchild (**alone in the picture**) and this completed form to the address listed below:

Matthew Groves
1190 Worthington Drive
Bridgeport, WV 26330
(Must be **POSTMARKED NO LATER THAN July 15th**)

_____ I have enclosed a photo of my child/children/sibling/grandchild.

_____ The picture should be in your file from a past Gathering.

_____ Include my child/sibling/grandchild's NAME ONLY with appropriate representation (no photo available).

_____ I'm Not a Bereaved Parent, Sibling or Grandparent

PLEASE PRINT CLEARLY

Child/sibling/grandchild's Name: _____

Phonetic Pronunciation: _____

Birth Date: _____ Date of Death: _____

Your Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone Number: _____ Email: _____

When you upload a picture using the electronic registration form
<https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>
or email this form and a picture to bpusaweblinks@gmail.com **no later than July 27th,**
you will receive a confirming email back. If you don't, please follow up.
You don't want to miss out having your loved one's picture included in the slideshow.

Mail all applicable forms (ONE PER ATTENDEE) with check or money order payable to BPUSA NATIONAL GATHERING to: **Charlotte Jackson, BPUSA Treasurer, 34 Parish Lane, Lake Katrine, NY 12449, Phone: (845) 336-7654** or register online (preferred): <https://www.bereavedparentsusa.org/annual-conference/annual-gathering-conference/>

KEYNOTE SPEAKERS

SUSAN TOLER CARR

“WHAT’S IN A NAME? EVERYTHING”

Tragedy knocked on their door when Susan and her husband Darrell’s seemingly healthy and only child Justin (age 16) died suddenly during swim practice in 2013 from an undiagnosed heart condition. We soon founded the Justin Carr Wants World Peace Foundation (JCWWP) whose mission includes providing art programs, heart health awareness and peace education to continue with Justin’s dreams.

Susan put her Engineering career on hold and now works rebuilding lives and changing the conversation and responses to grief by conducting workshops and support groups. She is a Certified Grief Recovery Method® Specialist, an Independent College Counselor, and has a B.S. in Civil Engineering and certificates in College Counseling and Mental Health First Aid®. <http://www.justincarrwantsworldpeace.org>



THE KOVALESKI FAMILY

“HOPE SNEAKS IN”

When Nicholas died in 2011, the Kovalski family found themselves catapulted into an unknown wilderness. In order to navigate through their son’s/brother’s death they needed to learn to grieve separately and together. Using the phrase ~Live with Purpose® Nicholas’s family has created their “new normal”. Presently they seek to help others struggling with life’s devastating challenges and changes; theirs is a mission of hope and healing. They have presented at the national level for The Compassionate Friends and for the St. Louis Bereaved Parents of the USA chapter conference in 2018. They were guests on Open to Hope and have given lectures for Mental Health Counseling collegiate programs. They also present their workshop on the local level in Western New York. Jay and Kelly have studied bereavement care with Dr. Alan Wolfelt and are trained group facilitators. Through laughter and tears, Jay and Kelly use their life



experiences as bereaved parents -- including 28 years of marriage, parenting/raising 4 children, family relationships, 25+ years in education, etc. to support others on the same journey. <https://www.purposewny.com/>

BOBBY MORTON

“GROWTH & HEALING OCCUR WHEN HOPE SOARS”

Bobby Morton’s beloved son, Jared, lost his battle with the disease of addiction in October of 2014 at the age of 24. Bobby is a director and co-facilitator of Healing through Hope Inc., a non-profit organization that supports 2 monthly open discussion online meetings and other outreach programs for those that have experienced the Trauma of loss. He previously served for 3 years as leader of the Lower Cape Cod Chapter of The Compassionate Friends. He has been presenting at National Conferences since 2018 and has been an invited guest speaker and facilitator for various Support Groups. Bobby has had a transformation of awareness and renewed spiritual awakening since his son’s passing. With Jared forever by his side, it has become a mission of Love for them to cultivate Hope for others; to find that grief and the joy of life co-exist in the human heart and help to define the beauty of Post Traumatic Growth. www.healingthroughhope.net



ANNE MOSS ROGERS

“PAIN INTO PURPOSE”



Anne Moss Rogers is the emotionally naked® public speaker, the 2019 winner of the YWCA Pat Asch Fellowship for social justice, brain tumor survivor, and author of the book, *Diary of a Broken Mind*. She owns the popular Emotionally Naked blog and sold her digital marketing business to pursue suicide prevention after her son Charles' died by suicide June 5, 2015. He struggled with depression and addiction. She has given a TEDx Talk, been interviewed by the New York Times and was the first suicide loss survivor asked to speak at the National Institute of Mental Health. A graduate of UNC Chapel Hill, she lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA. Anne Moss' book, *Diary of a Broken Mind* is a mother's story of her son's suicide. Training: Survivor outreach training, trauma informed basics, lived experience, ASIST trained for suicide intervention and registered safeTALK trainer, suicide alertness for everyone.

<https://annemossrogers.com>

WORKSHOP DESCRIPTIONS

BPUSA espouses no religion but supports each member in his or her grief journey regardless of religious practice or belief.

A-1 STRUGGLING TO RECLAIM MY FAITH

Dennis Apple

When Dennis discovered his eighteen-year old son, Denny, had died during the night on February 6, 1991, he screamed, “Oh God, this isn’t supposed to happen to me.” For years Dennis served as pastor and prayed every day for his family. He lived under the assumption he was divinely protected from disasters experienced by others. After the shock of losing his precious son, he struggled over ten years trying to find a path to faith once again. This workshop will focus on the many ways the loss of a child affects a bereaved parent’s faith. Anyone, regardless of faith, belief, or spiritual practice is invited to share their journey as we seek to learn from and support one another.

A-2 BRIGHT FUTURES

Sadija Smiley

You might have heard or read something recently about emotional wellness. Emotional well means you feel good about yourself, your relationships, and your purpose in life. Everyone has feelings of anger, sadness and confusion from time to time. However, if you are emotionally well, you will have fewer lows and will be able to bounce back from sad times faster.

A-3 MEN IN GRIEF

Bobby Morton

Bobby will begin with a brief story of one we all share, how the death of his beloved child completely shattered his life. Material presented will help you understand how societal pressures create expectations that men do and should grieve differently than women. This social conditioning can have a psychological effect and may be the root cause of the appearance that men grieve differently. Many of these expectations may start out as outward appearances, but can manifest into deeper issues over time. It is inherent that we all experience grief in this lifetime. Regardless of gender, each individual grieves differently, working through it in their own way. Bobby will try to make this as interactive as possible. Attendees will be encouraged to ask questions and/or share their experience. Both men and women are invited to attend.

A-4 NAVIGATING LIFE AFTER LOSS

Jay, Kelly Kovaleski & Family

Re-framing yourself and your life with hope after the loss of a child, grandchild or sibling is a personal journey, but can be accomplished alongside others doing the same. Using cardinal directions as our guide we can navigate this new life after loss while continuing to embrace our loved one and their memory. The goal of Navigating Life after Loss is to help others find healing, hope and purpose. Life is a journey and you are not alone.

A-5 WHO AM I NOW?

Sara Ruble

The chaos of life and death and love creates a place of great unknowns for those whose child or children have died. So much confusion. Who am I now? A question we may ask almost daily as we journey through the enormity of grief. Being able to see who we are now with greater clarity and understanding can help balance and strengthen us as well. Sara Ruble, Scott's mom, will help navigate through the many questions that arise about our changing identity and the confusion that can create. This is an interactive workshop and will allow participants to discover more about themselves and who they are now. (This workshop will have references to after-death communication with your loved one.)

B-1 HOW PERSONALITY MAY AFFECT GRIEVING AND MOURNING

Sam Timbrook

This workshop will assist us in understanding how our personality may affect our grieving and mourning. After taking a simple, non-threatening personality assessment known as DISC, each person will receive information about "grieving and mourning personalities" and the possible strengths and weaknesses of each. Open discussion and Q and A to follow.

B-2 COPING STRATEGIES FOR GRIEF & LOSS

Anne Moss Rogers

This is a practical workshop with interactive strategies on managing the pain of losing a child facilitated by a mother who lost a son to suicide. Have paper/pen available. • Learn coping strategies in a safe and supportive environment to help you manage the pain of losing a child. • Learn how others have moved through grief in a healthy and productive way. • Learn how to reframe and answer insensitive comments from others.

B-3 FINDING PEACE THROUGH THE PAGE

Crystal Webster

Grief sucks, and child loss is its own unique kind of suck. One wants to talk about it and it's hard to work through your feelings without getting them out of your head. Call it what you want, journaling is one of the best ways to express your thoughts. If a blank sheet of paper intimidates you more than going another day without your child, join us for tips, tricks, and conversation to get your thoughts out of your head and onto the page.

B-4 GRIEF AND HOPE INSIDE THE OPIOID CRISIS

Ellen Krohne & Diana Cuddeback

Grief and Hope Inside the Opioid Crisis will explore the opioid crisis from a parent's perspective. In the workshop we will delve into the opioid crisis, the unique aspects of substance-use loss and grief and provide specific support techniques for dealing with the trauma of addiction and addiction loss. Actions we can all take to help to reduce stigma, prevent drug misuse and addiction in our children and specific ways to help stem the opioid crisis will be tackled.

B-5 BEYOND SIGNS: LIVING AND GROWING WITH AND WITHOUT YOUR LOVED ONE

Chris Mulligan

Signs: you feel excitement seeing a butterfly, a bird, a coin or a number sequence. Your loved one is "sending you a sign." You receive a sign and want more of them because they bring you comfort and solace. You want that feeling again and again. But what if you realized that your sign is just the first layer of your continuing relationship with your child? That sign is just your telephone ringing. Are you going to answer that telephone call? Do you want to find out how? You can. Everyone can. Let's move beyond just seeing our loved one's signs and talking about receiving and answering your telephone and building your new relationship with them. Let's learn how to move beyond just seeing the signs.

C-1 A GRIEF EQUATION – AN ENGINEER LOOKS AT GRIEF

Paul Balasic

A "Rational" look at the "Grief Journey" and factors that affect our "Grief Level". A general discussion of mathematical models is presented and a mathematical model of Paul's "grief journey" is developed. An equation is developed with which our grief can be quantified. Ways of increasing and decreasing grief are identified and discussed. The presentation finishes up with a group discussion of the model and its usefulness and applicability to other bereaved parents' experiences.

C-2 JOURNEY INTO THE LOOKING GLASS: FINDING HOPE - POWER OF POSITIVITY **Dr. Mary Welsh**

This interactive program provides the participants with tools to address the Four Aspects of Positive Reflection during the grieving process: Remember, Reflect, Recreate your "new normal", and Relate taking care of yourself, supporting others, and the community. Dr. Mary shares techniques she has utilized with others to address those Moments, the What ifs, and how to embrace life again. Take this interactive session to positively impact your grief journey. She aids participants in finding a way to channel their beliefs, feelings, and aspirations to aid them on their journey. She reinforces their loved ones had a purpose in this life, as do they. Being able to share their stories, thoughts, anxieties, and stories of life and loss, these enable them to come to terms with their new existence, their new normal. Dr. Mary used her grief journey to lay the framework to aid others through her nonprofit Susie Q's Kids and her books: *Journey into the Looking Glass: Finding Hope after the Loss of Loved Ones*, *The Four Aspects of Positive Reflection Journal*, *Susie Q's Kids Positive Reflection* children's book *My Special Angel* and *Good Characteristics Coloring Book*.

C-3 10 HEALTHY WAYS TO FEEL BETTER DURING GRIEF **Dr. Doug & BJ Jensen**

One of the hardest emotions we will ever experience is grief. It takes a toll on our mind, body, and spirit. We can offer choices of ways to release the endorphins that can help you feel better.

C-4 PHANTOM LIMB: LIVING WITH THE LOSS OF A SIBLING **Sarah Kravits**

Since my only sibling died, I have lived with the sense that I have a "phantom limb." We will discuss this metaphor for sibling loss as an introduction. We will then talk about the distinctive experience of sibling loss, including (but not limited to) how others perceive this loss; supporting one's parents (especially when becoming an only child or acting as an only child); change in family structure; caring for sibling's family members; effect on identity and self-esteem; feelings about the status of the sibling relationship at the time of the loss; and more. Everyone's experience is authentic, valued, and welcome in the discussion. Attendees will connect with other bereaved siblings, share experiences, and build coping strategies.

C-5 THE WARRIOR WITHIN: LIVING INSIDE YOUR STORY WITH GRACE **Beth D'Angelo**

We will begin with a welcome, a very short grounding meditation and then speak about what it is to access your "Warrior Within" and live inside your story with compassion. We will address being off center and off balance after the trauma of losing a child and how that can manifest in the physical body. We will bring in various life tools to create an experience of connection to ourselves and the knowing of what is solid while stepping into the unknown and the unfamiliar. We will tap into the wisdom of contrast, vulnerability, and the power of your personal intuition that you are safe, grounded and have the tools to move forward. This workshop is about movement, breath and sound to release pain that can get stuck in our physical bodies.

D-1 REFLECTING ON PURPOSE AFTER LOSS: ART THERAPY FOR THE ARTISTICALLY CHALLENGED **Vickie Lundy**

Acrylic pour painting is a fun and interesting art technique that creates beautiful, unique, and one-of-a-kind paintings. It is based on acrylic paint, which can be brought into a liquid, pourable consistency with the addition of a pouring medium. This liquefied paint is then poured into each other or tilted onto a surface of your choice. (Canvas, wood, stone) and distributed by tilting the painting surface. Depending on the choice of the color, the medium and the additives, different effects are created. **Supplies you will need: (Dollar stores are a good source of these materials)** 1.) Small bottles of acrylic paint in colors of your choice. 2.) Elmer's Glue All -- pouring medium 3.) Empty squeeze bottle. 4) wood craft sticks 5.) Aluminum tray or drop cloth to catch the paint 6.) Small food service containers or plastic cups 7.) empty metal cans to elevate the surface 8.) apron and disposable gloves 9.) Small spritz bottle of rubbing alcohol 10.) painter's tape (optional) and finally 11.) a "pour painting" surface -- choose from the following ideas: • Wood Panels - any size or type - sealed and primed. • "Ampersand Gessobord" Panels -- already primed. • Stretched canvases - found in art supply stores. • Paving stone or steppingstone from a home improvement or landscape retailer.

D-2 GRIEF TSUNAMI: How Child Loss Impacts Everything (and What You Can Do in Response) **Gary Roe**

When we lose a child, everything changes. A tsunami of grief hits and carries us along in its powerful wake. In this workshop, we'll talk about how child loss impacts us in every possible way- emotionally, mentally, physically, and spiritually. This loss changes also changes our relationships and the future we had anticipated. Amid all the pain, how do we ride this tsunami in healthy ways that honor our child and also express love for those around us?

D3 A MOTHER STILL? LIFE YEARS AFTER THE DEATH OF AN ONLY CHILD/ALL CHILDREN Dr. Susan M. Bartel

All child loss is horrific, but research is limited in understanding the longer-term experiences of mothers whose only child, or all children, have died. This presentation shares results from Dr. Bartel's recent research on the experiences of bereaved mothers and the secondary losses as they continue to adapt several years after the death of their only child/all children. The participant's advice and wisdom on managing isolation, fear of the future, and rebuilding purpose may help others facing a similar journey.

D-4 ROCK ON: MINING FOR JOY IN THE DEEP RIVER OF SIBLING GRIEF Susan Casey

I will be talking with bereaved parents about sibling loss and the impact it has on the surviving siblings. For my book, I interviewed 27 people from all over the world who lost one or more siblings. I will share my own grief journey and other stories on how these siblings felt their grief was minimized. I will be covering topics on losing anger, letting go of guilt, blessings that arrived through the grieving process, finding beauty in the pain, messages from the other side, and honoring our deceased siblings.

D-5 FOLLOWING THE YELLOW BRICK ROAD: OUR PERSONAL ODYSSEY THROUGH GRIEF PANEL Bobby Morton, Beth D'Angelo & Debbie Byron

In the story, Dorothy (and Toto) landed in a strange place called OZ, perhaps similar to where we find ourselves after child loss. She follows the Yellow Brick Road and gathers friends along the way to the Emerald City, all of them in search of something that collectively they already have, but don't yet see it in themselves. Metaphorically speaking, isn't that what we do on our 'Grief Journey'... we find a similar loss community, all in search of Hope, Hope that will lead us to Healing! We feel lost and travel this journey with no map, no guidance, we can only trust and follow our instinct (our Yellow Brick road), in search of a place where we had once felt normal. Join us on a Journey of Discovery & Hope!

E1 FINDING YOURSELF WITHIN THE GRIEF Julie Blackburn

This workshop will help you rediscover your purpose and connect to yourself using creative exploration. Learn three different ways of self-discovery to better understand yourself and your focus in life. During grief we can feel all sorts of discomforts and disconnects. When we see and make small changes in our lives, it can improve our days, relationships and health.

E-2 WHEN TRAGEDY STRIKES: REBUILDING YOUR LIFE WITH HOPE AND HEALING Laura Diehl

When our child dies, our life comes crashing down around us. How do we rebuild our lives? Is it even possible? Laura likens rebuilding our lives to rebuilding a house, and she will take you through the various rooms like the Kitchen of Usefulness, the Bedroom of Rest, the Garage of Tears, Looking Out the Window of Fear, Putting on the Roof of Hope, the Support Beam of Grace, etc. Within the workshop, Laura will also talk about how learning to live without our child is like learning to live with an amputation, because a very part of your being has been cut off from you. It can be done, and Laura will share about her front row seat to watching her daughter learn how to live a full life after having her little leg amputated at three years old. Note: Laura's personal belief is a faith in Jesus Christ, and will be referencing that occasionally in the workshop, along with singing a couple of songs that are based on that belief as well.

E-3 APART FROM US, BUT ALWAYS A PART OF US Dave & Lora Krum

From even before they were born, and throughout their time in this world with us, our children were and are a part of everything we are! As our journey through the grief of both of our sons continues, we continue to learn and share the evolution and transformations of the life we now live and how we stay intentional about keeping them included in each new season and experience we encounter. We hope to encourage other grieving parents to discover meaningful and relevant ways in which they too can keep the loving memory of their children present in their own lives through sharing our own examples as well as the experiences of others we know. The discussion of how we begin finding ways to carry both joy and sorrow as we grow in our grief, the best part of us (our children) can continue to live on through us!

E-4 THE THERAPEUTIC BENEFITS OF WRITING THROUGH GRIEF AND LOSS**Susan Casey**

I will help the participants to understand how the art of writing can be applied as a therapeutic tool to facilitate emotional healing. There are numerous studies, which document the benefits of writing stories that focus on traumatic experiences. There are others that have emerged out of the Positive Psychology movement that support writing about more strengths-based questions increases overall well-being. Embracing this perspective, this workshop will provide participants with both the research on the benefits of this writing approach and the therapeutic directed-writing activities to do during the workshop.

E5 Death Teaches ~ Finding New Meaning**Sara Ruble**

The death of our children forces us to learn. We cannot stay in the same place we were from year to year or even month to month. We learn by doing...and then we learn what not to do, what works better, what hurts or feeds our soul. Every day can teach us as we search for meaning in the hardest, the beautiful, the most unexpected, the intentional and unintentional moments life brings. Death can create possibilities we would never have seen or experienced as we use the power of pain and new awareness to open the doors to a deeply meaningful life. Is it a new relationship with our child and children? A purpose-filled life we could never have seen? New friendships that feel like family? A 5K? Let's talk about all this and more. This will be an interactive workshop as discussion is encouraged and welcomed. (This workshop will have references to after-death communication with your loved one.)

F-1 HEALING HEARTS MEDITATION**Ann Irr Dagle**

There are times in our lives when our world is filled with uncertainty, fear, and grief as we struggle to try and make sense of good vs evil. All of this can be overwhelming. How do we manage the millions of thoughts that are rummaging through our heads? What tools can we grab from our depleted toolbox? This simple, short loving kindness meditation will heal your heart by sending loving kindness to yourself and to those out in the world.

F-2 WHAT TO DO WITH GUILT, SHAME, AND REGRET**Dr. Doug & BJ Jensen**

Do all bereaved parents deal with guilt, shame, and regret? Here are practical ways to break out of the prison of guilt, shame, and regret that holds us hostage.

F-3 YOUR FUTURE: 6 ESTATE PLANNING MUST HAVES**Melissa Leavy**

Planning for your future can be very complex. Decisions about how to pass your assets at death, who will take charge of those assets and potential tax outcomes can be complicated. Learn about the 6 must-haves that appear in all estate plans, whether simple or complex: 1) Role of a General Durable Power of Attorney; 2) Role of a Healthcare Power of Attorney and Living Will (Advance Directive); 3) The means of distribution your estate upon death (trust, will, nonprobate transfers, contract); 4) Selecting trusted agents; 5) Instructions for, and communicating to, your designated agents; 6) Meaningful client participation in the process.

F-4 NAVIGATING LIFE AFTER LOSING A SIBLING**Jay & Kelly Kovaleski and Family**

Re-framing yourself and your life with hope after the loss of a sibling is a personal journey, but can be accomplished alongside others doing the same. Using cardinal directions as our guide we can navigate this new life after loss while continuing to embrace our loved one and their memory. The goal of Navigating Life after Loss is to help others find healing, hope and purpose. Life is a journey and you are not alone.

F-5 HOW DO I LIVE WITHOUT YOU?**Cindy Magee**

This workshop will discuss the grief following child loss, tools for healing, and re-entry into a life with hope. We will discuss ways to be our own grief coach. I will share strategies for how we as bereaved parents can live in a way that honors our children and discover what they came to teach us.

G-1 THE GIFT OF MUSIC THROUGH GRIEF AND BEREAVEMENT**Vanessa Pentz**

Music is one of the most healing contributors for grief and bereavement. Music brings us closer to our loved ones, and music heals and comforts us with its melodious and lyrical reminders, transcending us to soothing places of inner solitude and positive reflection. This workshop will explore a variety of different musical genres to help deal with the overwhelming task of healing and moving forward with hope after the loss of a loved one.

G-2 HOW DO I SURVIVE? 7 STEPS TO LIVING AFTER CHILD LOSS

Pat Sheveland

You're riding an emotional rollercoaster that takes your breath away. You find yourself going from happy to sad to mad in a heartbeat. Your relationships with family, friends, and co-workers feel strained or uncomfortable, and your energy is so low that it's hard to get out of bed and keep moving throughout the day. *How Do I Survive?* is for grieving moms who are tired of struggling to get through each day. Author and grief coach Patricia Sheveland shows you the steps to: 1) Get out of bed, get dressed, and get your "to-do" list done each day; 2) Find ways to get your physical energy back; 3) Even out your emotions when you feel out of control; 4) Plan stress-free time with your family and friends; 5) Honor your child's memory and name on a regular basis. It's time to create a life worth living by honoring your child's memory and rediscovering your purpose.

G-3 HE SAID, SHE SAID: HOW PEOPLE RESPOND DIFFERENTLY TO LOSS

Susan Carr & Darrell Carr

The aftermath of losing a child is tough no matter if you are the mother or the father, the grandma or the grandpa or the sister or the brother. Everyone grieves and responds to a loss in their unique way. Learn views and responses of why it's okay for your thoughts to be a world apart from your spouse, sibling, parents' other people who are close to you. Learn why it's okay to live in parallel, at intersections or orbit around in different directions and still survive even--though he said, she said.

G-4 PARENTS AND SIBLINGS IDEA EXCHANGE

Sarah Kravits & Susan Casey

Bereaved parents and bereaved siblings are invited to join this workshop and learn from one another. It can be tough for bereaved parents and surviving siblings to understand one another and give one another the kind of support that is needed. However, the dialogue can flow more easily when parents ask questions of siblings from other families, and when siblings do the same with parents who are not theirs. The conversation may even inspire new levels of sharing among parents and children from the same family who attend the workshop together. We will talk about ways to build communication, respect one another's needs and space, and support one another.

G-5 CO-EXISTING WITH OUR CHILDREN IN GRIEF & SPIRIT PANEL

**Sara Ruble, Bobby Morton,
& Beth D'Angelo**

A workshop about Love and commitment with our children that takes us to a beautiful level of spiritual love. Our grief will push us, or even force us to seek out answers to questions we can hardly express. As we sense a new relationship with our child or children becoming more of a reality, can we trust it is our mutual love bringing us together in ways we could not have imagined? Are our children joining us on this journey of grief into awareness ~ into a spiritual relationship? This panel of parents will share their own experiences and growth as they moved into a place of co-existing with their children...and how that has enhanced and changed their lives and grief. This interactive workshop is for those searching for greater understanding of a continuing spiritual relationship as they navigate through grief. (This workshop will have references to after-death communication with your loved one.)

H-1 GRIEF YOGA[®]

Cat Guthrie

Grief Yoga[®] uses yoga, movement, breath and sound to release pain and suffering and to reconnect back to love. This practice is not as much about physical flexibility as it is about emotional liberation. Exercises and flowing meditations help us process grief and use it as fuel for transformative healing. No yoga experience necessary. Have a yoga mat or towel to sit on, and a private place to practice.

H-2 THE MANY FACETS OF FORGIVENESS

Laura Diehl

Un-forgiveness can be a huge issue with bereaved parents. There are so many people we can be angry at, including anyone who had something to do with our child's death (directly or indirectly), ourselves, our child, people around us who don't understand, and for some of us, God. First, we need to comprehend how un-forgiveness keeps us in our pain and allows us to continue being dragged through the emotional mud by remaining attached to those we need to forgive. Second, we need to realize forgiveness is a process, not based on our feelings. Third, we need a plan of action to help us to let go of the anger and forgive. The workshop will address these three issues.

H-3 FINDING PEACE AND JOY AFTER CHILD LOSS: HELPFUL TIPS FOR BEREAVED PARENTS

Dr. Alycia Marshall

This workshop presents several key tips for bereaved parents who are struggling to find peace and hope after dealing with the unimaginable loss of a child. The information provided will be presented from the perspective of

a bereaved parent who lost her only child and provides suggestions for moving forward despite child loss. Information presented includes helping bereaved parents to find adequate support for their grief, how to deal with how your life has changed, how to embrace hope and all that you still have and how to move forward in your life with a purpose. The presentation also includes some insight into the life of the presenter's only son and their unique and loving relationship which provides her the strength and courage to move forward.

H-4 YOU-NIQUE FOOTPRINTS: TAKING INDIVIDUALITY BY STORM **Michayla (and Jay) Kovaleski**

Are you ready to fully embrace YOU and your individuality? Losing your beloved sister or brother is a contributing factor to the uniqueness of you; however, you do not identify only as a bereaved sibling. Do not lose sight of who you truly are. You are allowed to dream and aspire to accomplish your heart's desires. We honor the memory of our siblings by living full and happy lives. We must acknowledge and communicate our YOU-niqueness in a world that may not always understand who we are because of our grief journey. Through active discussion we can use our sibs community to build each other up and become who we were made to be.

H-5 EXPLORING THE HUMAN EXPERIENCE OF GRIEF; A SPIRITUAL JOURNEY PANEL **Debbie Byron, Beth D'Angelo, Chris Mulligan & Bobby Morton**

What's going on inside me? Have you had a lot of physical and psyche problems/issues since the passing of your child? This workshop is an in-depth study on how the trauma of Grief effects our physical, emotional, and spiritual nature of being human. Experiencing Grief entirely shocks our energy flow, which in turn affects us mentally, physically, emotionally and spiritually, quite often throughout our entire body. Please join us and find out why!

WORKSHOP PRESENTER BIOS
(in alphabetical order)

Dennis Apple is a bereaved dad and father of Denny who died suddenly from complications due to Mononucleosis. Dennis is author of two books, *Life After the Death of My Son* and a novel, *Runaway Griever*. He currently serves as a pastor of congregational care at the Church of The Resurrection in Leawood, Kansas. Dennis and his wife Buelah are presenters of workshops at national gatherings for bereaved parents. They have a son, Andrew, who lives with his wife Amber in North Pole, Alaska. You can find his blogs on www.thewritingapple.com

Paul Balasic, Dad of Bethany Anne Balasic, 2/13/1981 ~ 4/05/1996. Paul has been involved with BPUSA and TCF since roughly one year after his daughter, Bethany's death. He has been a Core Group Member of his local Chapter (Anne Arundel County MD) for the last 15 years. Paul has served as Program Manager for the chapter for about 10 years and as such was responsible for our monthly meeting programs. Additionally, he has been a Committee Member for their Annual Holiday Memorial Service, Memory Walk and Chapter Conferences for approximately 10 years. These are all Annual events (except for the conference) the chapter sponsors. He served as the Workshop Coordinator for several BPUSA National Gatherings. He has been a workshop presenter at the Chicago, Little Rock, St. Louis, NYC, Hartford, and Memphis National Gatherings. BPUSA saved my life when my daughter was killed. I have been proud and honored to participate in their activities. I am a firm believer in "Helping is the Best Way to Heal."

Dr. Susan M. Bartel is an associate professor of higher education leadership working with doctoral students at Maryville University. She recently earned grief counselor certification with a focus on education. She also runs a non-profit in honor of her only child, Kate who died in 2015, that provides resources for grieving children. www.katesheart.org

Julie Blackburn: I'm a Licensed Clinical Professional Counselor, Nationally Certified Counselor and Registered Art Therapist. I've been in practice since 2009 and have experience presenting workshops, professional education programs, and groups regarding various grief and art therapy topics. Specialized focus includes grief, fertility and perinatal concerns and services range from Individual Counseling, Couples Counseling, Embrace Your Center Podcast, Positive Intentions on YouTube and Blog and Artful Online Courses. www.chartreusecenter.com

Debbie Byron experienced the traumatic passing of her youngest daughter Mallory, aged 21 in 2014. Almost three years later to the day, Debbie was diagnosed with breast cancer. Since Mallory's passing, Debbie has dedicated herself to incorporating those experiences into a path of hope and healing that can be shared with other seekers. She is the founder and creative behind MLB My Little Birdie, a community of support and positive inspiration that strives to bring the essence of Mallory back into the physical world. Debbie is a co-founder and co-facilitator of HEALING THROUGH HOPE INC (). Healing Through Hope is a non-profit organization serving those looking for hope after experiencing the trauma of loss. In addition to her full-time volunteer work with the bereaved, Debbie has presented at the Manitoba Provincial Occupational & Environmental Safety and Health Workers Conference as well as the graduating class of City Police Service Recruits. www.healingthroughhope.net

Susan and Darrell Carr: Tragedy knocked on our door when our seemingly healthy and only child Justin (age 16) died suddenly during swim practice in 2013 from an undiagnosed heart condition. We soon founded the Justin Carr Wants World Peace Foundation (JCWWP) whose mission includes providing art programs, heart health awareness and peace education to continue with Justin's dreams. **Darrell** has a BA in Industrial Studies and a Secondary Teaching Credential. He is a retired college professor and now spearheads the JCWWP art workshops and mentor's youth and young adults. **Susan** put her Engineering career on hold and now works rebuilding lives and changing the conversation and responses to grief by conducting workshops and support groups. She is a Certified Grief Recovery Method® Specialist, an Independent College Counselor, and has a B.S. in Civil Engineering and certificates in College Counseling and Mental Health First Aid®. www.justincarrwantsworldpeace.org/

Susan E. Casey, MSW, MFA, is a writer, a licensed mental health clinician, a certified bereavement group facilitator, and a certified life coach. Throughout the past 25 years, Susan has worked in hospice, in-patient, and home-based settings with teens and adults, and taught numerous courses to executive leaders and clinicians. Currently, Susan works for a measurement-based care organization, providing clinical coaching to therapists, psychologists, and psychiatrists countrywide to improve mental health outcomes for youth and adults. Susan's blog on her website chronicles her grieving process following the death of her younger brother. Her fiction has won numerous awards. *Rock On: Mining for Joy in the Deep River of Grief* is her first work of nonfiction published on February 14, 2020. Both Susan's professional and creative work have been guided by her deep belief that every individual has purpose and inherent strengths and deserves the opportunity to reach their own unique potential. Susan lives in Maine with her husband Steve and golden retriever Indy. www.susanecasey.com/

Diana Cuddeback, LCSW, is the Founding Director of Heartlinks Grief Center in Belleville, Illinois, started in 1997. Trained as a family therapist, she holds a master's degree in Social Work from the George Warren Brown School of Social Work at Washington University. Diana brings extensive trauma-related grief experience and guides the Addiction Loss Support Group at Heartlinks Grief Center. www.myheartlinks.com

Ann Irr Dagle is the co-founder and President of the Brian Dagle Foundation and Brian's Healing Hearts Center for Hope and Healing in Niantic, Connecticut. She is a board member of the Connecticut Chapter of The American Foundation of Suicide Prevention and CT Suicide Advisory Board as well as a certification in Grief Studies from the Center for Loss in Colorado. In 2011, Ann's world was shattered after the loss of her 19 yr. old son Brian to suicide. Resources for grief support were scarce- especially for a tragic loss. In search of hope, Ann began to educate herself on understanding her grief and the world of suicide loss. Through trainings on grief, loss, and suicide prevention, Ann has learned to weave her loss into her life and giving herself to feel whatever she needs to feel; to embrace the pain of sorrow but also to find joy and happiness. Never did Ann imagine that she would share her story, throughout the country inspiring others to search for hope and to find true meaning in their life after loss. She is also a Registered Yoga Teacher and Certified Personal Trainer. www.brianshealinghearts.org

Beth D'Angelo works one on one and in small group settings and is a guest speaker on the topic of living with trauma, loss and life's unexpected events. She is mother of three sons, Chris, (Sean) and Jovani. Her experience includes: Fitness and Wellness Coordinator Four Seasons Hualalai, Big Island of Hawaii (2003); Certified Wellness Coach (2007); Holistic Fitness Professional, Personal Trainer, Pilates and Yoga Instructor (1987); President of "Healing Through Hope", a 501c3 Global Outreach; Presenter at IANDS Conference (2015); Presenter at "Helping Parents Heal" Annual Conference (2018). www.healingthroughhope.net

Laura Diehl: After the death of their oldest daughter, Laura Diehl, along with her husband, Dave, founded Grieving Parents Sharing Hope (GPS Hope) and travel full time in their Hope Mobile (a 38-foot motor home) encouraging grieving parents on their difficult journey, guiding them to a place of hope, light and purpose. Laura hosts the weekly Grieving Parents Sharing Hope podcast, and is also a singer, national speaker and a contributing writer to grief organizations. She has written several books, including the multiple award winning *When Tragedy Strikes: Rebuilding Your Life with Hope* and *Healing After the Death of Your Child* (Morgan James Publishing, New York). Dave and Laura's home base is in Southern Wisconsin and are the parents of 5 adult children (including Becca who has already received her promotion to heaven) and are blessed with six grandchildren. www.gpshope.org

Cat Guthrie has been a yoga instructor for over 14 years. She was certified in Grief Yoga after the death of her son in 2018. It has been a great gift to transform her own grief as she helps others move through theirs.

Dr. Doug and BJ Jensen are the bereaved parent and stepparent of Jodi JOY, who died during emergency abdominal surgery and an adult son, John JAY, who died by suicide. Doug went on to earn his Doctorate in Biblical Studies and Biblical Counseling after Jay's death in 1995. BJ is the director of LOVE IN MOTION Signing Choir since 1990. They are International Speakers, Signing Artists, Dramatists, Drama Writers, and the Authors of 16 books including *FINDING HOPE After the Devastating Loss of Beloved Children*. Facebook page: Bj Jensen San Diego and email: Jensen2@san.rr.com

LOVE IN MOTION Signing Choir incorporates the use of American Sign Language, drama, and movement in their presentations. The choir is directed by bereaved parents, Dr. Doug and BJ Jensen and many members of the choir are also bereaved parents. LOVE IN MOTION Signing Choir is a multi-generational choir that has appeared in 15 countries as well as in 35 states inspiring audiences and spreading their joy, enthusiasm, and love. The choir has been under the direction of Dr. Doug and BJ Jensen since it was formed in 1990 and is now a 501c3 organization. LOVE IN MOTION is based in San Diego, California, USA. The choir's legacy can be seen in their 10 DVDs. www.signingchoir.com

Kelly and Jay Kovalski: In the eight years since their son's death, Jay and Kelly have created a workshop to help participants navigate through the wilderness of grief. They have presented this workshop at the national level for The Compassionate Friends and on a smaller scale for the St. Louis Bereaved Parents chapter conference in September 2018. They have presented their workshop for many local audiences in Western New York including community and teen events. They have been guest speakers on Open to Hope and given lectures for Mental Health Counseling college programs. Jay and Kelly are both trained group facilitators. The experiences they bring to their workshop include 27+ years of marriage, parenting/raising 4 children, and 25+ years in education to their workshop that is filled with real-life situations, lessons learned, a few tears and a little laughter too. www.purposewny.com

Michayla Kovalski: "I don't want a family like this!" That was Michayla's choked sob when she first learned her brother Nicholas had died. In her twelve-year-old eyes, her family was broken. Her brother was dead and nothing would ever be right again. Since that horrific day, Michayla has been actively involved in her own healing journey as well as that of her family's. She is honest, articulate and insightful about the loss of her brother and its effect on her. She has learned to view every day as a gift and is excited to share her journey and what she has learned and continues to learn with other siblings.

Ellen Krohne recently published her second book, *Heartbroken – Grief and Hope Inside the Opioid Crisis*, with co-authors Diana Cuddeback, Director of Heartlinks Grief Center and Matthew Ellis, MPE. *Heartbroken* tells the real-life story of seven family's journey through the opioid crisis and the traumatic grief of losing a child to drug addiction.

Ellen holds a Master's in Organizational Management, a certification in grief coaching and is a volunteer with Heartlinks Grief Center, where the profits from sales of both of her books are donated.

www.ellenkrohne.com www.myheartlinks.com

Sarah Kravits is a writer, teacher, and coach. For over 20 years she has co-authored the Keys to Success textbook series on college success, and she works as an academic coach at Rutgers University. In June of 2014, her beloved brother and only sibling was killed in an automobile crash when his vehicle was hit head-on by a severely impaired driver. Sarah blogs on grief, cancer, and crisis on her website at www.lifewithoutjudgment.com. Her writing can also be found on Modern Loss (www.modernloss.com) and Open to Hope (www.opentohope.com), where she is a contributing writer. Sarah leads the Essex County Bereaved Sibling chapter of BPUSA and is a founding member of Families for Safe Streets New Jersey, a group of NJ residents who, having lost loved ones or been injured in traffic crashes, have come together to advocate for physical and legislative change to increase safety on and around the roads. In May of 2020, Sarah received her M. Ed. with a concentration in Learning, Cognition, and Development from the Rutgers University Graduate School of Education.

Dave and Lora Krum: We were thrown into the life of grief when our oldest son, Dylan (who just turned 15 while in the hospital on life support) died due to a fast and fierce battle with cancer (and complications from treatments) which turned the lives of two parents and surviving brother into a first shattered and then eventually transformed way of life as we learned to share a life of grief. Two years later, our younger son, Gavin (age 14) was diagnosed with leukemia and had a very similar battle, also including weeks on life support before his death. In between the two most painful and life altering deaths of our children, Dave's brother, Ken, had a 9 month battle with cancer before his death...and then a year after our Gavin's death, Lora's sister, Linda, was diagnosed with cancer and battled for 6 months before her death as well. Within this same 3 and a half years, both of Dave's parents also died. So much grief overload, and yet we knew that trying to survive in the world always missing our children would impact the rest of our lives. www.dylanandgavinsrainbow.com

Melissa Q. Leavy received her Juris Doctor from the St. Louis University School of Law with a Tax Concentration in Estate Planning. She holds a Bachelor's degree in Social Work from the University of Illinois at Chicago. Melissa is licensed to practice law in Missouri and Illinois. She is a Certified Elder Law Attorney (CELA), one of only 15 in the State of Missouri, a national recognition through the National Elder Law Foundation. She is a member of the Board for the Missouri Chapter of the National Academy of Elder Law Attorneys and serves as the Education Chair. www.yourellderlawyers.com

Vickie Lundy is the proud mom of two sons and a self-taught amateur artist. Initially her creativity was nurtured through scrapbooking, her venture into painting began a few months after the May 2013 death of her youngest son from Myocarditis, when she'd experienced a brief reprieve from her numbing grief during an afternoon painting party. This was the foundation for her discovery that grief and creativity work together. The birth of R.P.L. Creations—REFLECTING on PURPOSE after LOSS—inspired by her late son's name Rhett Porter Lundy, has redirected her grief. R.P.L. Creations was formed as a memorial that celebrates his life at the same time, sustains and propels his spirit, hopes and dreams into the future through creativity. Vickie designed and created the centerpieces for the 2019 BPUSA National Gathering. She lives in Northern Illinois (greater Chicago area) with her husband (Rhett's dad), Steve, Rhett's older brother Ryne, an elderly husky (Smoke) and senior cat (Mayhem).

Cindy Magee is a grief coach and bereaved parent to Will. She is passionate about helping bereaved parents move forward while remembering the deep bond with their child. Cindy has a Facebook support group, "Hope for Bereaved Parents". She has a website, www.cindymagee.net, where she shares her experience with child loss and lessons learned. She can also be found on Facebook at "Hope for Bereaved Parents Grief Coaching". Email @ cindymagee99@gmail.com

Dr. Alycia Marshall is an Associate Vice President for Learning and Academic Affairs at Anne Arundel Community College in Maryland and the bereaved mother of her only child, Aaron Gene "AG" Marshall, who transitioned on April 11, 2016 in a single car accident at the young age of 19. Dr. Marshall has written content for Alive Alone and BPUSA Anne Arundel County Chapter's newsletters and has been previously featured on Open to Hope's podcast

and television programs. As a college mathematics professor and previous high school mathematics teacher, she has also presented and written publications on equity in mathematics and STEM education. Her son, AG, was an upcoming hip hop artist widely known by his peers and fans in the Maryland, DC and Virginia areas and beyond prior to his untimely death.

Bobby Morton's beloved son, Jared, lost his battle with the disease of addiction in October of 2014 at the age of 24. Bobby is a director and co-facilitator of Healing through Hope Inc., a non-profit organization that supports 2 monthly open discussion online meetings and other outreach programs for those that have experienced the Trauma of loss. He previously served for 3 years as leader of the Lower Cape Cod Chapter of The Compassionate Friends. He has been presenting at National Conferences since 2018 and has been an invited guest speaker and facilitator for various Support Groups. Bobby has had a transformation of awareness and renewed spiritual awakening since his son's passing. With Jared forever by his side, it has become a mission of Love for them to cultivate Hope for others; to find that grief and the joy of life co-exist in the human heart and help to define the beauty of Post Traumatic Growth. www.healingthroughhope.net

Chris Mulligan's youngest son's death in 2000 challenged her 26 years' experience as an adoption social worker, her MS in Clinical Child, Youth and Family Work, her beliefs, and values. Hospice volunteering, grief group facilitating, TIP (Trauma Intervention Program) death panels, workshop presenting and being her parents' end of life and transitional caregiver taught her about pain and peace. An Intuitive Grief Guide, she wrote *Afterlife Agreements: A Gift From Beyond* documenting her continuing relationship with her son and the guidance received from him and her Guides. She publishes a monthly newsletter, "Living Differently" and a Remapping Your Life program. Her second book, *Journey On: Life Beyond Grief* will be an inspired continuation of lessons learned from messages from beyond. Find Chris's Facebook page at: www.facebook.com/PeaceAfterGrief.com and her website at www.peaceaftergrief.com

Vanessa M. Pentz, MM Juilliard School, is a Grief and Bereavement Counselor and serves as a preventative suicide advocate regarding legalized gun ownership in the state of Connecticut. Ms. Pentz lost her son to a self-inflicted gunshot wound into his heart and now works with parents who lost their children to suicide. She is a composer, pianist, oboist, cellist and Music Director of Killingworth Congregational Church, in Killingworth, CT. www.psithurts.org

Gary Roe: Multiple award-winning author, speaker, and grief specialist Gary Roe is a compassionate and trusted voice in grief-recovery who has been bringing comfort, hope, and healing to wounded hearts for more than 30 years. Gary is the author of more than a dozen books, including the award-winning bestsellers *Shattered: Surviving the Loss of a Child*, *Comfort for the Grieving Parent's Heart*, and *Teen Grief: Caring for the Grieving Teenage Heart*. He has been featured on Focus on the Family, Dr. Laura, Wellness.com, Belief Net, The Daily Positive, Thrive Global, Wellness, and other major media and has well over 700 grief-related articles in print. He is a popular keynote, conference, and seminar speaker at a wide variety of venues. A former college minister, missionary in Japan, entrepreneur in Hawaii, and pastor in Texas and Washington, Gary now serves as a writer, speaker, chaplain, and grief counselor with Hospice Brazos Valley in central Texas. He loves being a husband and father. He enjoys hockey, corny jokes, good puns, and colorful Hawaiian shirts. Visit him at www.garyroe.com

Anne Moss Rogers is the emotionally naked® public speaker, the 2019 winner of the YWCA Pat Asch Fellowship for social justice, brain tumor survivor, and author of the book, *Diary of a Broken Mind*. She owns the popular Emotionally Naked blog and sold her digital marketing business to pursue suicide prevention after her son Charles' died by suicide June 5, 2015. He struggled with depression and addiction. She has given a TEDx talk, been interviewed by the New York Times and was the first suicide loss survivor asked to speak at the National Institute of Mental Health. A graduate of UNC Chapel Hill, she lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA. Anne Moss' book, *Diary of a Broken Mind*, is a mother's story of her son's suicide. Training: Survivor outreach training, trauma informed basics, lived experience, ASIST trained for suicide intervention and registered safeTALK trainer, suicide alertness for everyone.

www.AnneMossRogers.com www.EmotionallyNaked.com

Sara Ruble: As the mother of a healthy and happy teenager, Sara's life was forever changed with the sudden death of her only child, Scott. Sara's grief journey and her continuing relationship with Scott have taught her there is much more to life, death, and the afterlife. As a workshop presenter, Sara has shared her grief, knowledge, and wisdom at Compassionate Friends Conferences, In Loving Memory (Now Childless), Bereaved Parents of the USA Gatherings, Helping Parents Heal Conferences, and other notable organizations. Sara's blog *Death Teaches* is her inspiring journey and development of a beautiful spiritual relationship with Scott. Their book is titled *Death Teaches ~ Proof, Love is Forever*. Sara and Scott's powerful second blog *Spirit Teaches* provides even deeper spiritual awareness and the power of our soul's journeys. Both blogs and her book are at www.spiritteaches.org.

Patricia (Pat) Sheveland is a registered nurse and certified life coach whose "soul" purpose is to be a light for those who mourn. She helps bereaved moms who are looking for healing support after their child has died. After 25 years as a successful corporate executive, she re-invented her life to pursue her passion for coaching and guiding her clients into finding healing, purpose, and joy after loss. Pat is an Amazon best-selling author of *How Do I Survive? 7 Steps to Living After Child Loss* and lives in a suburb of Minneapolis, Minnesota. www.healingfamilygrief.com

Sadija Smiley is the Founder and CEO of Stillborn and Infant Loss Support (SAILS), dedicated to raising awareness and creating a supportive environment for families who have experienced a stillbirth, pregnancy or infant loss. SAILS was created to honor the life of her daughter, Ivyanna Salene, who was born sleeping November 13, 2003 at 36 weeks pregnant. Having worked in Human Services for over 18 years, she is passionate about empowering women. Sadija is a member of NAMI (National Alliance of Mental Illness) an honoree of the Maryland 2019 Prince George's County and Leadership for Excellence's Forty Under 40, she was a panelist on the Crazy Like a Fox Tour, the first Black Mental Health tour hosted by Stronger than My Struggles and Co-author of *Your Wings Were Ready but My Heart Was Not*. A Philadelphia native and first-generation college graduate. She currently resides in Maryland with her family. www.bornintosilence.org

Sam Timbrook: Being a Pastor and a public school counselor, I have dealt with the grief of others all of my adult life, However, that was nothing compared to the 40 years of "grieving the living" with my son's illness and subsequent death, and the 4 years of my wife's illness and death. I hold a master's degree in counseling and a Doctorate in Christian Education. I have extensive conference leadership experience. I am founder and Life Coach with, "The Connection" a 501(c) 3 ministry. www.samtimbrook.com

Crystal Webster is the founder and Chief Solace Officer of [Sharing Solace](http://SharingSolace.com), author of [Confessions of a Griever: Turning a Hot Mess into an Haute Message \(Laughable Lessons for When Life Just Sucks\)](http://ConfessionsOfAGriever.com) -- and most importantly, she is Madelyn's mama. While her story of infant loss and infertility is not particularly unique; she still found herself isolated and debilitated from the grief. She felt compelled -- with the help of her angel daughter -- to found Sharing Solace in the hope that her 'adventures' in loss, grief, and mourning would encourage others to share their stories, no matter what their unique grief. Sharing Solace is, ultimately, a community of grievers for grievers. By melding {patented} tangible loss and bereavement gifts {that are *intended* to be passed forward when the time is right} with a community of support, our mission is to help you "Remember. You're not alone." www.sharingsolace.com/

Dr. Mary Welsh described the loss of her daughter Susie, her relationship, the grief process, and how she harnessed the worst moments in her life to create a transparent book of her journey and self-help and discovery topics to aid others in their grieving process. Her strength comes from sharing her story and the hope that others find solace and inspiration on their own journeys with the passion for leading purposeful lives following the Four Aspects of Positive Reflection. She is a Tragedy Assistance Program for Survivors (TAPS) Peer Mentor for fallen military survivors and as an Author, Speaker, Grief Session Facilitator, Entrepreneur, Business Strategist, HR Talent Executive, Chief People Person, University Professor, she documented the first two years of her journey for people who have suffered the loss of a child or loved one or supporting those that are experiencing such a loss. Her hope is to support their grief journey with information and provide a program to guide them on their journey. Through her writing, mentoring, courses, and speaking engagements, she hopes to instill a framework for grievers to find comfort in their new circumstances and a life of passion and purpose. www.drmarywelsh.com/ www.susieqskids.org/