

2023 BPUSA GATHERING CONFERENCE WORKSHOP PRESENTERS
and WORKSHOP DESCRIPTIONS *(subject to changes)*

Colin Campbell
In 2019, Colin's car was t-boned by a drunk driver going 90 mph. Both his teenage children, Ruby and Hart, were killed. Colin discovered he had to articulate his grief needs to get the support he craved. His sold-out solo performance show about grief played at the Hollywood Fringe Festival 2023. His book, <i>Finding the Words: Working Through Profound Loss with Hope and Purpose</i> , comes out March 14, 2023, for Penguin Random House. Advance praise includes: "Few books have captured with such painful grace, the reality of catastrophic loss. My heart broke open reading <i>Finding the Words</i> . And I am a better person for having read it." - Joanne Cacciatore, Ph.D., author of <i>Bearing the Unbearable</i> . http://colincampbellauthor.com
Title: Finding the Words
Topic: Sharing our grief needs to get the support we need from our community.
Description: Grieving parents too often suffer the secondary loss of friends and family when their community abandons them in their time of need. Campbell shares several invaluable tools that helped keep his friends and family close and supportive. He shares what he calls his "grief spiel," which sets clear and helpful ground rules for conversations with his scared friends. He discusses how public mourning rituals can involve our community in our grief journey. He shares specific emails and conversations which helped him break down the sense of taboo that so often surrounds and isolates grieving parents.

Phil Cohen
Frustrated by the lack of resources after the sudden loss of his 14-year-old son, his only child, Phil developed the Grief Continuum™ -- a unique framework for navigating grief. Phil is an award-winning keynote and TEDx speaker whose insights have been featured in The Wall Street Journal, Success magazine, the American Bar Association, and dozens of top-rated podcasts. Visit his website here: www.philcohen.com
Title: The 5 R's of Grief
Topic: A Guide to Understanding and Untangling Trauma
Description: Unaddressed trauma can affect the way we interact with others, with God, and with ourselves. If left unchecked, our trauma will rear its ugly head and cause a distorted view of everything. It Causes us to live in fight or flight mode where we shut off the rational, thinking part of our brain and react unreasonably toward people and our circumstances. This will adversely affect our relationships, our career, and quality of life. The only way to begin to untangle this trauma is to follow the Five R's of Trauma Recovery.

Chuck & Di Curtiss
On June 27, 2002, we lost our lovely 22-year-old-daughter, Elisabeth, in a car accident. She had so much love to give! At the time of her death, she worked in a Crisis Nursery, a safe place for children whose parents needed a short respite during a time of stress. She poured out her abundance of love on these children, making a mark we are sure will last their lifetime. During these past 20 years, we've had many experiences surrounding our loss. At BPUSA, we gained love and support, strength, and understanding. It is our heart to ease the journey of others who travel this road -- a path no parent would ever choose.
Title: Newcomers First Stop on the Path Towards Healing: Help Navigating the Gathering
Topic: A time of warm welcome and helpful information and a chance to have questions answered
Description: Chuck and Di Curtiss have attended BPUSA since 2015. During these years they have gained great comfort, as well as much needed information and support that helped and uplifted them in those years without their daughter, Elisabeth. As they walk out on their personal journey it is their deep desire to help others with their own. Their workshop will give first-time attendees an overview of the weekend. It will provide first-timers with a short introduction to the BPUSA Gathering, provide help navigating the process of choosing workshops and will answer

any of your questions. Those attending will be given their first opportunity of the weekend to share their child with others.

Brenda Daly

Title: Resilient Grieving

My world was shattered on October 21, 2018 when my oldest son passed away at the age of 41. It was sudden and unexpected though he had suffered a traumatic brain injury 11 years prior. I had lost other family members, but it was nothing like losing my son so traumatically. My professional experience as a Licensed Clinical Social Worker should have given me some kind of roadmap, I thought. But it did not. So, I became a student of grief. I have since completed a Certification in Grief Therapy as Meaning Reconstruction from the Portland Institute for Loss and Transition. I also completed the first Grief Educator Certificate Program created by David Kessler. More recently, I completed a certificate in Ambiguous Loss. Grieving, learning about grieving and helping others grieve has become a new passion. I have found new meaning in my life which has helped me to become a resilient griever.

Title: Resilient Grieving

Topic: Resilience

Description: This workshop is about resilient grieving. I will share my personal story of moving from despair and anguish to resilience. I didn't think it was possible to get up after my son died. I found not only did I move out of that darkness, but I began to find new meaning and thrive. But what does resilience in grief look like because my heart is still broken? This workshop will give an overview of resilience in grief and offer strategies for resilient grieving. This workshop is not for griever in the early stages of loss. It is designed for griever who have some time in the grief journey.

Jimmy DeLoach Jr.

Jimmy DeLoach Jr. is many things: father of two daughters, newlywed, son, brother, business owner, former football coach, friend, philanthropist, and mentor. His life is driven by a strong desire to help others build a better life for themselves. He considers his greatest accomplishment having guided and loved his two daughters, Abbie, and Annie, into adulthood. In April 2015, Abbie was killed in a tragic accident at age 21 that made national news. That changed everything. Jimmy founded the Abbie DeLoach Foundation in 2016 and has proudly presented over \$1.25 million in scholarships reflecting the qualities that exemplified Abbie's life — a love of nursing, education, athleticism, and world missions. Jimmy is now a certified grief counselor. Visit www.AbbieDeLoachFoundation.com

Title: Grieving better and not getting bitter

Topic: Helping seasoned griever continue to move forward and not get stuck in bitterness

Description: This workshop is for the seasoned griever feeling stuck in their grief process. They may still be struggling to remove bitterness from their life. Jimmy DeLoach can relate and knows that it's a daily choice and challenge to focus on the blessings that he has gained from being Abbie's dad and how just by concentrating on how he can help others - in little ways - he can better deal with the far less often challenges of pain, grief, and anger that can still arise out of nowhere. In addition, Jimmy will provide suggestions and ideas to enhance emotional and physical self-care for the griever.

Title: Learning to Love Yourself Through the Grief

Topic: Newer griever

Description: For parents who have lost their most precious gift, a child, the thought of loving themselves through tremendous suffering is unthinkable. Indeed, for many the hardest part of the journey after loss is loving, being gentle with and forgiving themselves. It can seem daunting and impossible. Jimmy DeLoach Jr. lost his daughter Abbie in April 2015. He will discuss steps for parents to rediscover love for themselves during the soul-crushing grief process, so that eventually they can love others again and feel joy.

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), providing support and resources to grieving parents on their difficult journey, including local weekend retreats. Laura is also a singer and national speaker and hosts the weekly Grieving Parents Sharing Hope podcast. She has written several books, including the multiple award-winning <i>When Tragedy Strikes: Rebuilding Your Life with Hope and Healing After the Death of Your Child</i> (Morgan James Publishing, New York). Dave and Laura's home base is in Southern Wisconsin, and they are the parents of 5 adult children (including Becca, who has already received her promotion to heaven) and are blessed with seven grandchildren. www.gpshope.org
Title: Taking Back Your Health After Child Loss
Topic: Give attendees tools, hope, and motivation for moving toward physical health and well being
Description: When our child dies, we just don't care much about our health. At some point that catches up to us, and we need someone who can help us feel hopeful and motivate us, along with sharing simple tips and tools to start going in the right direction. Through a combination of education, discussion, and practical tools, attendees will learn how to move toward regaining control over their physical well-being, which will also help their emotional well-being. Laura waited ten years before tackling this and getting her own health under control, and now enjoys helping other parents improve their wellness as a certified health coach.
Title: When Tragedy Strikes
Topic: Rebuilding Your Life with Hope and Healing After the Death of Your Child
Description: 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. While not overtly "religious", this session will have mentions of God, based on Laura's personal experiences.
Title: The Enneagram and Grief Part One
Topic: Looking at the motivations behind the nine personalities of the Enneagram and seeing how they relate to the way we grieve
Description: The Enneagram is an ancient personality typing system with an incredible accuracy in how people are wired. It identifies how we each fall into one of nine types of people, and how each personality relates to one another and the world. Laura Diehl takes it further, in how this also affects us in our grief. If you know what motivates you, both negatively and positively, you can take the next step to know what works for your personality type to move toward a life of hope, light and purpose once again. This session will briefly explore the nine personality types, helping the attendees to discover which one they might be, and then share tools that each type can use in the grieving process to move toward deeper healing. Please note: While this is not a spiritual session, Laura believes the Enneagram can lead you into places of spiritual discovery you may not have found on your own, and that God can use its wisdom and insight to connect with Christian spirituality for a deeper knowledge of ourselves, and love for God.
Title: The Enneagram and Grief Part Two
Topic: Looking at the motivations behind the nine personalities of the Enneagram and seeing how they relate to the way we grieve
Description: This session is for those who are either familiar with the Enneagram and already know their number, or those who attended The Enneagram and Grieving Part 1. The

Enneagram identifies how we each fall into one of nine types of motivations, and how each of those relates to one another and the world, but Laura Diehl takes it further, in how this also affects us in our grief. Using what you know about your Enneagram number, you can take the next step to learn what works for your motivation and personality type to move toward a life of hope, light and purpose once again in your place of deep grief. This session will share specific tools that each Enneagram number type can use in the grieving process to move toward deeper healing. It will also touch on how this will help you in your relationships with others, such as a spouse or children, who are grieving differently than you. Please note: While this is not a spiritual session, Laura believes the Enneagram can lead you into places of spiritual discovery you may not have found on your own, and that God can use its wisdom and insight to connect with Christian spirituality for a deeper knowledge of ourselves, and love for God.

Ashley Espinosa

In February 2019, I went into early labor in which my daughter, Chloe, did not survive. I developed an infection that caused my water to break, & despite being alive while in labor, she did not survive the birth. I went on to try to find purpose in this tragedy after experiencing many dark nights of the soul as a result of the loss. Through this purpose, I built a life coaching business helping people through their traumas, as well as publishing a book to mirror my healing process.

Title: Finding Purpose In Tragedy

Topic: Exploring our painful experiences to find purpose in them.

Description: We all have a story to tell. One that has left us feeling sad, scared & alone as a result of a loss that is so unimaginable, yet far more common than we realize in the moment. We lose sight of our faith, our connection to a higher power that is guiding us on this journey. Being human is extremely challenging as we navigate a plethora of emotions. The loss of a child produces a feeling that we have lost control, as it is our responsibility to keep our children safe. Through surrendering shame and guilt over what has happened, we are able to align with what we can control – facing the tragedy with grace & allowing a higher power to move through us to be of greater service to humanity. In this workshop, attendees will write their story & through my guidance, learn to observe it with purpose, utilizing tools from my unique coaching program that ties in life coaching techniques & Reiki philosophies.

Deborah Finley

Deborah Finley is a practicing Evidential Spiritual Medium, with over two and a half decades of experience providing professional readings for individuals. Deborah is like many other women you may know; married since 1981, a mother, grandmother, daughter, sister, and career woman. She is a multifaceted compassionate individual who has had many life experiences, including becoming a bestselling published author. Deborah's life work is mentoring/coaching and public speaking. It is her hope by providing proof of the survival of the soul that she brings a sense of peace to those she reads for. For more information about Deborah Finley visit: www.Angel-Energy.org

Title: Guided Meditation Into The Heavenly Realm.

Topic: Experience a guided meditation designed specifically to meet, sit with, and converse with your loved ones in the afterlife. Discover the Healing effects Mediumship can bring to Grieving Parents, Grandparents, and their Siblings.

Description: A short talk on the afterlife, aka Heavenly Realm, including the healing effects of Mediumship and meditation. Discussion will include answers to questions like; What happens when we pass on? Did my loved on suffer, are they okay? Do they know how much I love them? Can they still see or hear me? What are they doing now in Heaven? Do they send me signs? This workshop includes A Guided Meditation designed to connect the participants with their loved ones in the heavenly realm. Participants may want to bring a journal to write about their experience. This workshop will conclude with a Q&A followed with a chance to share their meditation experience.

Margo Fowkes

Margo Fowkes is the president of OnTarget Consulting (<https://www.ontargetconsulting.net>), a firm specializing in helping organizations and individuals act strategically, improve their performance and achieve their business goals. Author of "*Leading Through Loss: How to Navigate Grief at Work*," Margo coaches leaders on how to create a more compassionate culture by acknowledging grief and loss in the workplace. Inspired by her son Jimmy who died of brain cancer in 2014, Margo launched Salt Water (<https://findyourharbor.com>), an online community for those who have lost someone dear to them – a child, partner, parent, sibling, close friend, or pet. The site's blog posts and resources focus on grieving, healing, and building a new life in the aftermath of a devastating loss.

Title: Grieving on the Job: How to Navigate Work After the Death of a Child/Grandchild/Sibling

Topic: How to return and remain in the workplace after the death of a child/grandchild/sibling

Description: Grief is an inescapable part of life. Yet the vast majority of workplaces and those who lead them are ill-prepared to navigate the minefield of loss. This workshop will help attendees create a roadmap for returning to and navigating work after a death. They'll learn what's worked for other grieving employees and what hasn't. They'll discover how to ask for what they need, how to enlist the help of a point person and how to coach their boss on the best way to support them.

Linda Frank

Linda Frank's younger brother Pete died suddenly in 2006 at the age of 43. She attended her first national grief conference in Dallas and a regional in Philadelphia (2015), and another national in Arizona (2016). In 2018, her youngest brother Jeff died suddenly at the age of 51. She attended a national conference in Philly and two regionals in Houston and Nashville (2019). She also presented her Wellness in Grief workshop at Virtual Conferences in 2020 and 2021. Linda attended sibling grief support Zoom meetings four times per week for 18 months, starting in mid-2020. She began facilitating Sibling Grief Writing and Creative Expression Zoom groups weekly for bereaved siblings, starting in mid-2021.

Title: Sibling Grief Writing and Creative Expression: Recovering Memories While Processing Our Grief

Topic: How writing and art can help with recording memories and processing grief

Description: Linda will share a bit about her journey through writing her grief and talk about the Sibling Grief Writing group that she has hosted for the past two years weekly on zoom. She'll provide a prompt to write about for 5 minutes. There will be time for sharing what participants wrote. Linda will also share about how she started as a 'reluctant artist' and talk about the weekly zoom Sibling Creative Expression group that she hosted for two years. She'll show some examples of arty things she has made and provide a prompt to work on for 5 minutes. There will be time to share what participants created. Projects are easily accessible to participants with no previous writing or art background.

Title: Wellness in Grief: Taking Care of Ourselves While Honoring Our Grief Journey

Topic: Self-care and protection while grieving

Description: Linda Frank's younger brother Pete died suddenly in 2006 at the age of 43. She attended her first national grief conference in Dallas and a regional in Philadelphia (2015), and another national in Arizona (2016). In 2018, her youngest brother Jeff died suddenly at the age of 51. She attended a national conference in Philly and two regionals in Houston and Nashville (2019). She also presented her Wellness in Grief workshop at Virtual Conferences in 2020 and 2021. Linda attended sibling grief support zoom meetings four times per week for 18 months, starting in mid-2020. She began facilitating Sibling Grief Writing and Creative Expression Zoom groups weekly for bereaved siblings, starting in mid-2021.

Emily Graham

Emily Graham is the author of *Confessions of Child Loss*. She is also a certified grief and life coach. Christmas of 2015, her 7-year-old son Cameron died unexpectedly. It turned their world upside down. She spent years trying to figure out how to process and manage her own grief while still raising her two young daughters. Emily now helps other bereaved parents after the loss of their child. She founded After Child Loss, where she shares all of the things that helped her re-engage with life, reconnect with her son in a new way, and find a way forward.

Title: Re-engaging with Life After Child Loss

Topic: Coping with grief & figuring out how to re-enter life after

Description: Child loss grief is a beast. While society would like us to rush back to life and be the person we were before, we are irrevocably changed. We aren't taught how to grieve a loss like this or re-enter life after. In this workshop, I will share some coping strategies and tools that can help other parents learn how to carry their grief in a healthier way and rebuild a new life, one they can actually live.

Kathy Grapski, Gwen Rice, and Roger & Deb Moroney

The panel is composed of Alive Alone board members present at the Gathering, as well as other Alive Alone members who are seasoned grievers.

Title: Alive Alone Roundtable Discussion for now childless Bereaved parents

Description: Our goal with this session is to look at the workshops provided in the Alive Alone track, did they meet attendees' expectations, and discuss what topics might be of interest to members in future sessions. It is also a forum for attendees to ask questions of other Alive Alone members on aspects of the loss of an only child or all their children.

Peggy Green

Peggy Green is a suicide awareness advocate, speaker, and author. As a podcast guest, she has been heard in over 100 countries and conducts workshops in-person and virtually for local and international conferences. Peggy's perseverance and resilience has helped her survive the loss of two children. In an open and vulnerable style, Peggy shares personal stories and analogies that are relatable and offer a unique perspective on healing in grief. As a grief specialist, she combines her personal training background, nutrition consulting, wellness coaching, and personal development to help her clients move through grief. Her wholistic approach is founded on restoring physical, mental, emotional, and spiritual health. She lives in Colorado near her family and enjoys hiking, sunrises, and sunsets.

Title: Conquer Grief Loneliness

Topic: Loneliness that comes from child loss

Description: Do you feel that... Because you are grieving EVERYONE should stop what they are doing? The world continues to turn while yours has come to a screeching halt? No one understand what you are going through, and you feel alone? If you are feeling these emotions, this workshop is for you! You will learn how to deal with the top challenge grieving moms face – loneliness. In this interactive workshop, you will gain practical tips and tools to come out of the shadows of child loss, be supported by those who do understand and discover that you can work through grief loneliness.

Joy Hagens

Joy Hagens is the Mom of Sean Edwin Luis Murray. (10/03/1985-9/18/2004) She became a bereaved mother when her only child, Sean, died suddenly in 2004. After Sean's death, she wanted to use her teaching experience and love of children to help others. She founded Sean's Club, a service organization that provides meals and services to a children's shelter in her area. She is the stepmother to four.

Title: A New Tradition to Honor Your Child - Día de Los Muertos (Day of The Dead or All Soul's Day)

Topic: The workshop will discuss ways of organizing a Dia de los Muertos celebration.

Description: The workshop will discuss ways of organizing a Dia de los Muertos celebration. This is a lively Mexican holiday that honors those we have lost. Dia de los Muertos—the Day of the Dead—is a holiday celebrated on November 1. Although marked throughout Latin America, Dia de los Muertos is mostly strongly associated with Mexico, where the tradition originated. Using this type of celebration is a way of honoring our lost child's memory. The workshop will discuss the basis for the holiday and ways to adapt it to make it a celebration of your lost child's life.

Megan Hillukka

Megan Hillukka is a bereaved mother with 7 children, one who died at 15 months old. Megan encourages and supports grieving mothers that though the worst thing has happened to them, their life is not over. She is the creator of an online space called Grieving Moms Haven, where she helps moms learn how to process and move through the emotions of grief through meditation, tapping meditation, breath work, and other mindfulness practices. Grieving Mom's Haven also provides a place of safety and compassion within grief so that these moms can feel themselves again and hope for their future. Megan also hosts a podcast called Grieving Moms Podcast and has a website with numerous resources www.meganhillukka.com

Title: How Mindfulness Practices Help Ease the Pain of Grief

Topic: How Mindfulness Practices Help Ease the Pain of Grief

Description: In this workshop with Megan, you will learn how to connect with your body through different mindfulness practices to learn how to ease the pain of grief. What you resist in your grief gets stronger, more intense, and more painful. So with mindfulness practices, Megan will show you how to ease into the grief, so your pain can get lighter, and you can move through the grief instead of cycling in the pain. This workshop will be mixture of teaching and hands on experience so you can feel how this helps in your own body.

BJ & Doug Jensen

Dr. Doug and BJ Jensen are drawing on their knowledge in the grief field for over 30 years and 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 earned his Doctorate in Biblical Studies and Biblical Counseling. They are International Speakers, Signing Artists, Dramatists, Drama Writers, Song Writers and the Authors of 16 books including *FINDING HOPE After the Devastating Loss of Beloved Children*.

ms.bijensen@gmail.com Facebook page: BJ Jensen San Diego

Title: How can God fill my shattered cup?

Topic: Finding meaning and purpose again

Description: HOW CAN GOD FILL MY SHATTERED CUP? Is it possible to find meaning and purpose in my life after my world falls apart? Nine practical suggestions to help with healing after the devastation felt from the death of a child. Presented by seasoned bereaved parents of two children,

Title: Addressing Guilt and Regret

Description: Most bereaved parents deal with guilt and regret to some extent after the death of a child. In some deaths grief is sometimes compounded and complicated. This workshop offers practical suggestions that help any bereaved parent or sibling break out of the prison of guilt and regret.

Title: Addressing the Tough Questions – Why did God.. How could God?

Topic: Why did God take my child? Where is my child now? What if...? How could God allow this to happen?

Description: When a child dies, there are many unanswered and unanswerable questions of those left behind. This workshop is a chance to explore those questions not normally addressed at a question/answer session at the conference. This workshop is led by Dr. Doug and BJ Jensen, bereaved parents of an unborn child and an adult son. The Jensens have worked in

the grief field for almost 30 years. Participants are encouraged to ask questions about death and dying and may include religious beliefs of the participants.

Alvin Johnson

Al is married to Vickie Johnson. Together they have three children two alive, Hannah (Ben) and Zachary (Katy), and one in heaven, Nicholas. (Nicholas died in 1989 from leukemia). Al is an Episcopal Priest who served many years as a parish priest and now serves on Bishop Sean Rowe's staff in the Partnership Dioceses of Northwestern Pennsylvania and Western New York. Al has spent countless hours with bereaved persons over the years and most especially with bereaved parents exploring spirituality and grief. Al volunteers with the local Barrington Countryside Fire Protection District as well as with Above and Beyond Family Recovery Center in Chicago. He is author of the recent publication *GRIEF SET FREE: A Memoir*.

Title: Grief Set Free

Topic: Long Term Grief

Description: This workshop explores through metaphor and story the challenges of continuing to grieve our departed children. Since I'm an Episcopal Priest spirituality informs my life but isn't the principal focus of the workshop. Exploration of God may come about through questions.

Audree Kropen

I have been a surviving sibling for 55 years and a surviving grandmother for 2.5 years. After the death of my grandson in 2020, I stepped away from my consulting business to start Sibs Forever, a non-profit company. I am a techie and wrote the flagship application at [sibsforever.org](https://www.sibsforever.org), a memory book for surviving siblings to memorialize their sibling relationship through photos, videos, and words (stories, diary entries, etc.). I'm working on my second application, which will be hosted at [onlineresources.org](https://www.onlineresources.org). I have recorded three episodes for the <https://www.thesurvivingsiblings.com/> podcast.

Title: Exploring online resources and the social media landscape for surviving siblings

Description: There are a lot of online resources to support surviving siblings, but they are hard (or near impossible) to find. This workshop will explore why this is the case and enumerate possible solutions. The workshop will also list and describe some of these online resources, including:

- * Social Media offerings, such as Facebook groups, Instagram and TikTok sites
- * Podcasts for surviving siblings
- * Other multimedia online offerings, such as videos and audiobooks
- * Chat Bots (e.g., ChatGPT), can they help or support the surviving sibling community?
- * Applications such as [sibsforever.org](https://www.sibsforever.org), an online memory book developed by me

Title: How to Survive as a Surviving Grandparent

Topic: Managing your own grief while supporting your grieving child and her surviving children

Description: I will share my story of losing my grandson, watching my daughter lose her son, and my granddaughter outliving her twin brother.

I have insight and wisdom from 55 years of being a surviving sibling myself.

This workshop will explore the following:

- * Ways to help and support your grieving child
- * What can you do to help your grandchildren who are now surviving siblings?
- * How to stay healthy and balanced yourself so you can help and support your child and grandchildren
- * Finding purpose and freedom after so much loss

Dave & Lora Krum

Lora and Dave Krum love to be known as Dylan and Gavin's parents. They are steering committee members of the Pocono Chapter of TCF in Pennsylvania, and have served as

chapter co-leaders of the Carbon County chapter. They also share the duties of co-presidents of Dylan and Gavin's Rainbow Ministry, a 501(c)3 which has been established to reach out to families who are experiencing a serious condition of a child and also to families who have experienced the unimaginable loss of a child.

Title: Apart from Us, but Always a Part of Us

Topic: Integrating Grief into Life, Intentional Remembering

Description: Our children are a part of us even before they are born! During their lifetimes, our lives were filled with lovingly caring for our children, actively involving ourselves in their activities and interests, and sharing stories, joys, concerns and plans of parenthood with our family and friends. When our children's lives end, we are often surprised by the reactions and responses (or lack of responses) from those who have been closest in our lives. In our grief, which is a natural reaction to our loss, we find that the "social/cultural myths" about grief and loss can cause us much extra pain and isolation. By sharing some examples of difficult and awkward experiences (with interacting with friends, family and community,) while expressing grief and remembrance, there has also been an evolution in learning ways to start adjusting others' perceptions with the hope of promoting awareness of the fact that our children remain a part of us through our acts of intentional remembrance.

Judy Lipson

Title: Keeping Lost Siblings In Your Heart

Judy published articles for The Open to Hope Foundation, The Centering Organization, Grief Healing, and Love and Loss. Massachusetts General Hospital and SKATING Magazine featured pieces on Judy's philanthropic work. Judy has appeared as a guest on The Open To Hope, The Morning Glory, Surviving Sibling Loss, Where's The Grief, Good Grief and U.S. Figure Skating Voices From The Ice Podcasts. She presented at The Compassionate Friends National Conference and will be a keynote speaker at The Bereaved Parents USA Conference in 2023. Her passion for figure skating secured the recipient of U.S. Figure Skating Association 2020 Get Up Award. Judy's memoir, *Celebration of Sisters: It Is Never Too Late To Grieve*, released November 2021 by WriteLife Publishing. www.judylipson.org

Title: Keeping Lost Siblings In Your Heart

Topic: What it means to you to honor your sibling.

Description: Our siblings are forever in our hearts. What does this mean to you? How do you honor them? What does this bring to you? Whether you place a hand on your heart, listen to a special song, have a cupcake, spread the ashes over Mt. Everest, or run an ice-skating fundraiser, come share aspirations or be present to keep our sibling spirits alive.

Alycia Marshall

Dr. Alycia Marshall is the Vice President for Academic and Student Success at the Community College of Philadelphia. She holds a Ph.D. in Mathematics Education from the University of Maryland College Park, a Master of Arts in Teaching from Bowie State University and a Bachelor of Arts in Mathematics from the University of Maryland Baltimore County. Before becoming a college administrator, Marshall taught and tutored high school and college-level mathematics for over 21 years. Dr. Marshall lost her only child, Aaron Gene Marshall (AG), to a single car accident on April 11, 2016, at the age of 19. As a member of The Compassionate Friends and BPUSA, she shares hope, encouragement, and practical advice with others on the grief journey. She has written for the Anne Arundel County Maryland BPUSA chapter and Alive Alone newsletters. Alive Alone is an organization that supports bereaved parents who have lost their only child or all of their children. She currently lives in Millersville, MD with her husband.

Title: Finding Peace and Joy After Child Loss: Helpful Tips for Bereaved Parents

Topic: Practical Advice for coping with child loss

Description: This workshop provides practical advice and helpful tips for bereaved parents including information on how to maintain a connection with your child that contributes to your personal healing and ability to manage your grief. The workshop will provide action steps that can help newly bereaved parents get through the early days and beyond.

Suzanne Minarcine

My life was perfect on November 1, 2005, until I got the telephone call that would change our lives. Our first grandson, Glenn, had been hit by a car. My daughter needed me to come right away and care for her four-month-old infant. I arrived at her home as the EMTs were placing Glenn's broken body in the ambulance. As a Registered Nurse, I knew his prognosis was grim. I lost more than my grandson that day; I lost an important piece of my daughter. But her grief came first. She had lost her firstborn. I had to learn to support her in her grief, provide care for her infant, and still deal with my own grief.

Title: Healing through Story

Topic: The use of storytelling in grief recovery

Description: The tradition of storytelling has been passed down since the beginning of time and allows us to keep memories alive. Storytelling is an effective tool that transcends cultural barriers and helps us give meaning to the life and even to the death of the people we've loved. Through stories we can build connections with the past, the present, and the future.

Roger & Deb Moroney

Our only child, Kyle Mathias Moroney, was born on the first day of spring in 1994 at St John's Hospital in St Louis, MO. Kyle died in a car accident late on June 3, 2017, at the age of 23. He was very active in the local car community, and we were told wonderful stories about his caring nature. Roger recently retired from a 25-year career in radiation protection. I draw from my experiences of being an inquisitive traveler to become a host and concierge for guests and to care for them as my son cared for his family and friends. This is my chosen mission to honor Kyle. Deb Moroney is a Nurse Practitioner working in Palliative Care at UT Medical Center in Knoxville, TN. She has 35+ years of nursing experience, mostly in cardiac critical care. As an NP in Palliative Care, Deb provides compassionate care for patients and families as they move through the end stages of chronic illness. Through Kyle's guidance, Deb was able to find her way through the process of job searching and obtaining her current position at UTMCK. Roger and Deb are both active in local and national bereaved parent organizations.

Title: Finding Purpose in Our Lives Following the Death of our Only Child

Topic: Describe what our individual journey was to find a purpose, and we will then ask participants to share how they have found that purpose, and then facilitate an exercise (optionally written), for those interested, in possible seeds for developing this purpose.

Description: The Loss of an Only Child leads one to question what purpose we now have in this world. While it is not possible to fill the void that such a loss creates, for us it was vital to find some purpose strong enough that it will sustain oneself in moving forward. While we grieve together as parents, finding purpose was an individual journey.

Bobby Morton

Bobby Morton's beloved son, Jared, lost his battle with the disease of addiction in October 2014 at the age of 24. He is co-founder and director of Healing through Hope U, a non-profit organization that supports 2 monthly open discussion online meetings for anyone that has experienced the Trauma of loss (www.HealingThroughHope.net). He previously served 3 years as leader of the Lower Cape Cod Chapter of The Compassionate Friends. He has been presenting at National Conferences for 5 years and has been a Keynote Speaker for BPUSA. Bobby has had a transformation of awareness and a renewed spiritual awakening since Jared's passing. With Jared forever by his side, it is 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 helping to define the beauty of Post Traumatic Growth.

Title: Men in Grief

Topic: Men don't grieve differently; we all have a unique journey.

Description: Do men grieve differently (?), we all are different and every human, regardless of sex, has a unique grief journey. You will grieve in your own way, influenced by who you are, what you have experienced, and how you were raised. This is your grief/healing journey, don't

allow yourself to be pressured by others... be true to who you are and embrace your emotions, disregarding social conditioning.

Title: Co-Existing With Our Children in Grief & Spirit

Topic: A workshop about Love, Commitment, and Connection, with our children in Spirit

Description: A workshop about Love and commitment with our children in Spirit that takes us to a beautiful level of Spiritual love and understanding. Grief may push us, or even force us, to seek out answers to questions we may barely understand. When we begin to sense a new relationship with our children becoming a reality that we can trust as it is Love that brings us together in ways that we could have only imagined before. Our children have joined us on this journey of grief into an awareness and spiritual relationship. We will share our personal experiences and growth as we move into a place of co-existing with our children and how that has enhanced and changed our lives and healing journey. This interactive workshop is for those searching for greater understanding of a continuing spiritual relationship as they navigate through their grief. This workshop will have references to after death communication.

Nina Norstrom

As a pioneer, Nina wears many titles – mother, wife, caregiver, and wounded warrior, among others. Norstrom suffered traumatic losses (particularly her daughter's). She's an award-winning author of "*Not a Blueprint It's the Shoe Prints that Matter*" and "*Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall?*." No photos, please," her famous phrase! And (perhaps) why her facial image isn't on social media. While growing and blossoming, she's free of the drama. In this transition, she sees herself as that blooming, rich flower waiting to attract those butterflies. There she's come full circle! Nowadays, she's conducting workshops on wellness lifestyles. When asked, "What qualifies you to speak on the topic?" She replies, "My decade of experiences." Her work is recognized at Georgia State Transitional Center (men's prison), among other associations. Presently, Norstrom is working on another publication. And looking to start a 5013(c) foundation. www.ninanorstrom.com

Title: The Self – Inside the Good / the Bad / & the Ugly

Topic: Redefining Wellness / Regrowth

Description: Our hearts are crying out from walls called "Pain." If we own it, we can manage it. This workshop is geared to redefine that purpose, mend its brokenness, and reinforce the beauty of making a transformation. Collectively, we'll bond together, rise up, pick up scattered pieces, dust ourselves off, and look to start anew. This workshop enlightens on what we've faced whilst (unknowingly) abusing the self – the war within anger; denial; depression; our hearts; our heads; unforgiveness; and acceptance. Embracing the healing benefits of music, attendees are expected to experience its therapeutic effects. Carrying those scars while camouflaging our emotions, is a skill mastered. Those in the midst of starting the walk, we're (perhaps) their shining light to the Fountain of Wellness.

Rachel Pearson

Bereaved mom since 2015 and professional evidential medium since 2016.

www.rachelpearson.net

Title: Lessons Learned Both Sides of the Veil

Topic: Sharing lessons, I have learned as a bereaved mom and a medium - a discussion of my human and spiritual perspectives.

Description: Rachel will be sharing her personal lessons learned as a bereaved mom since 2015 and a working evidence-based medium since 2016, including where she has been challenged by spiritual perspectives living a fully human experience as a bereaved mom.

Justin Phillips

I lost my son Aaron Sims to a drug overdose in 2013. Since that time, I have worked to prevent this from occurring to others with my non-profit Overdose Lifeline. In addition to my national speaking and advocacy work, I support local families affected by overdose loss and

assist individuals seeking recovery from drug misuse. Justin Phillips, MA, and White House Champion of Change for Advocacy, Prevention and Treatment, is the Founder and Executive Director of Overdose Lifeline, Inc. (ODL) ODL is a non-profit dedicated to reducing the stigma of substance use disorder and preventing deaths resulting from opioid overdose.

Justin holds a master's in clinical Addition Counseling and a Master's degree in philanthropic studies and non-profit management. Justin is also certified in the Grief Recovery Method and a certified SoulCollage® facilitator. Justin is a featured speaker on the national, regional, and local circuits.

Title: Surviving Loss through a Drug Related Cause of Death

Topic: Topics and support for those feeling marginalized due to the cause of death from drugs.

Description: Individuals experiencing a loss due to drug related causes and overdose are often marginalized and experience shame and stigma and feel an inability to share about their loved one, their significant loss and receive support. This workshop will allow individuals to share openly receive support and explore ways to provide themselves support outside of this opportunity.

Title: Healing Grief through SoulCollage®

Topic: Facilitator will lead the group in mediation to begin the workshop followed by a basic overview of the SoulCollage® process. Participants will then create their own cards.

Description: SoulCollage® can offer healing, support and insights through times of distress, transition, sadness, pain, suffering, joy and happiness. The process of creating cards gives voice to some of the themes that come up with grief and loss such as fear, anger, sadness, guilt, relief, longing, shattered, Love. Images tap into memories and puts words to what is going on inside the soul.

Gwen Rice

The mother of Sean, who died due to a falling tree limb, has been a single mom and adores her nieces. She has been a bereaved parent for over 18 years. She lost her only child at the age of 5. Gwen is a member of Alive Alone and serves on the board. She is currently a high school teacher, is active in Alive Alone, and has been active in other bereavement groups for several years. Gwen is the Alive Alone board member who is responsible for networking childless parents for Alive Alone. www.alivealone.org

Title: Alive Alone Meet & Greet

Topic: This is a place to meet others with no surviving children

Description: Discuss Alive Alone, its membership, website, etc. There will be time for those with No Surviving Children to introduce themselves and meet others in similar situations at the conference. This is a place to meet others with no surviving children. A time to share your stories and feel that you are not alone at the conference and after. We'll explore some options that are available.

Jodi Rigby-Grimes

I am a mother of 5 children and a sister to 5 brothers. I am a nurse of 21 years, specializing in hospice. I was previously a BPUSA chapter leader. My oldest son died after being hit by a car. My oldest daughter died in an accident in our home. All 3 brothers on my father's side have died - the oldest from a heroin overdose, the middle from alcohol related liver disease, and the youngest was shot by a police officer during a traffic stop. I have explored nearly every option of grief recovery and paved my own way. I have found what works for me and gives me room to breathe. I teach my children to live their grief out loud and share it with the world. By doing so, we can soften the stigma and misconceptions of grief, normalize talking about death, lighten the load of our feelings, and give others the space to share.

Title: Living My Best Grief

Topic: How to authentically and honestly: answer simple everyday but hard questions, share your grief with others, maintain your loved one's legacy, form new relationships after grief.

Description: Living My Best Grief: How many children do you have? How are you doing? Does social media really want to know how we are feeling? During this workshop, I will teach you how to be open and honest with yourself and others when answering tough questions and meeting new people. I will guide you in navigating social media, well-meaning friends, and those really rough days. We will discover how to balance the pain inside that wants to scream, the broken heart that wants to cry, the yearning to LIVE, and the "I'm fine" smiling face. It is possible to live life and experience joy, even in the darkest trials of life. But first, we have to accept (and eventually welcome) grief as our eternal companion.

Maya Roffler

I'm Maya Roffler, the founder and host of The Surviving Siblings Podcast, and I lost my brother, Andreas, to a homicide in November of 2016. When I lost my brother, it was the worst experience imaginable and it took several years for me to even share the full story. However, five years into my grief journey something hit me and I realized that I wanted to give back. I wanted to share his story and my story. I started looking for resources, books, groups, and anything that would help support me. I didn't find much, but luckily today, there are many of us changing that narrative. So, as a podcaster already, I decided to come to the mic and tell my story and my brother's story. I decided to tell the story of you, the forgotten mourner, the surviving sibling, the bereaved sibling... and now, I share stories of other bereaved siblings on subsequent seasons of the show.

Title: Moving Forward as a Surviving Family

Topic: How a Family can Move Forward Together and avoid comparing/judging grief experiences

Description: I have taught this workshop before, and it does really well with groups that are mixed with bereaved families. Essentially, I will share my story briefly and what I've done to help in the community. Then, I will share why it is important to move forward together as a family after the loss of a sibling and/or child. I will talk about the complications of family dynamics that arise when there is a loss of a child/sibling and the parents grieve differently than one another and the surviving siblings also grieve differently. In addition to grief journey's just being different due to relationships, people grieve different because of who they are, how that relationship was with the sibling or child that passed, where they are in their grief journey, their current dynamics in the family, age, and more. Therefore, understanding how to accept each other's grieving process and understand that no two paths look alike then you are typically able to move forward as a surviving family.

Sadija A Smiley

Sadija A. Smiley is the Founder and CEO of Stillborn and Infant Loss Support (SAILS), a 501c3 non-profit organization based in Maryland, 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 died due to stillbirth at 36 weeks pregnant. Sadija has dedicated her life to helping hearts heal. She is an Advanced Grief Recovery Specialist. Sadija is a contributing author to *Your Wings Were Ready but My Heart Was Not* and *Finding Joy in the Journey*. She currently resides in Maryland with her family. Visit her website for more information www.iamsadijasmile.com

Title: Brighter Futures

Topic: The emotions of grief can make us feel like we are on a roller coaster and the scale of change can be extreme. This workshop is designed to share information with you and to encourage you to adopt some of the tips to improve your emotional wellness on your grief journey.

Description: Emotional wellness 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, especially during grief moments. However, if you are emotionally well, you will have fewer lows and will be able to bounce back from sad times faster.

Jean Stephens

I lost my son at early in my years and out of my pain birthed a ministry called Angels In Waiting 914, which I am the ministry leader. We take donated wedding dresses and make beautiful Angel Gowns for the infants born sleeping or go home to meet Jesus shortly after their birth. I published my first book with TBN in OCT 2022 which is called "*Father, Gives and Takes Away*".

Title: Angels in Waiting 914

Topic: Death of infants. How to cope with the funeral process and grieving through the loss of your baby.

Description: I show the people how my team of volunteers get the wedding dresses prepared, sewn together, prayed over and boxed up for the hospitals and funeral homes. We are a nonprofit org. so everything is free to the families.

Claire Stevenson

I am the bereaved parent of a treasured son. Graham was 22 years old and passed away in an instant in an accidental fall 15 years ago. Through this grief and trauma poetry started to flow and became a book "A Mother's Tears, Poems of Heartbreak, Loss, and Discovery." I am the chief administrator for two Facebook groups, Signs From Our Loved Ones 1 and 2. The groups have over 900,000 members now worldwide. There is so much comfort in understanding that our relationships don't end with our loved ones' passings, they change. The love we share keeps us eternally connected. They do their best to show us this in many ways with the signs they give us.

Title: Signs from Our Loved Ones

Topic: Discussion of various ways our passed loved ones give us signs of their continued presence.

Description: The session will be facilitated by me and Guy Dusseault, founder of the Facebook groups Signs From Our Loved Ones 1 and 2, to allow bereaved parents to share the signs they have received from their children. We will also answer questions such as what forms signs from our loved ones may take.

Michael Straley

Speaker and author Mike Straley shares his journey as a father who lost a daughter on Valentine's Day 2018 to fentanyl poisoning and what he and his wife are doing to help other women recovering from addiction. And then less than 4.5 years later he lost his son in a horrific traffic accident. He shares his grief walk, but how is taking the pain and turning it into a passion. He has spoken to a wide range of audiences. His book - *The CALLing*, details his daughter's journey through addiction and as parents how he and his wife are helping others.

Title: Misery Brought Mission

Topic: Turning tragedy and grief into a purpose of helping others

Description: Losing a child on the day we celebrate love (Valentine's Day) is horrifying, but then losing a second child on his late sister's birthday 4.5 years later...how much more grief as a parent can be endured? Speaker and author Mike Straley shares his journey and how he and his wife Robin coped with the loss of their children and how they are honoring them.

Jill Theriault

Jill Theriault is a former BPUSA Chapter Leader, Treasurer, Newsletter Editor for Saginaw MI and a former Board member for BPUSA. She is also a Founding Member for Lake Almanor Basin Chapter in Chester CA, a Certified Christian Life Coach and Founder of Crossroads Coaching www.ongodstime.net and the Women's Ministry Coordinator for her church. Her son Nathan died from Meningitis two weeks after his 2nd Birthday (his death date was also her Godchild's first birthday). Her faith in God has given her the strength, perseverance, and glimmers of hope needed in the darkest moments of her grief journey.

Title: Grief: The Unplanned Road Trip

Topic: Learn how to read road signs that help you navigate through unexpected conditions on your grief journey.

Description: Learn how to read the signs and navigate your way through unexpected road conditions on your grief journey. We will compare the grief journey to an actual road trip, discussing the preparation, our journey, and the destination. We will also look at the importance of communication and different grief routes on a road map, describing the journey of grieving with your spouse or loved ones, temporarily grieving separately, and then merging our grief. A Bereavement Road Sign Glossary will be available along with a handout with relevant Bible verses for those who find comfort in their faith. You will also receive a sliding scale to visualize how far you have traveled or what to expect on your grief journey.

Sam Timbrook

After years of "grieving the living" due to my wife and son having muscular dystrophy, death took my wife in 2013 and my son in 2018. As a Pastor and life coach, I walked with many during the deaths of their loved one(s). After my wife/son's deaths, I felt I should apologize to those who I had "walked with", thinking I knew what they experienced. I formed a 501(c)3 program providing grief ministry, trauma, and mediation Life Coaching. I hold a Master's in Counseling and D.Min. in Conflict Resolution, and I am a Board Certified Master Mental Health Life Coach. www.samtimbrook.com

Title: Grieving Through My Personality

Topic: How our personality affects how we grieve.

Description: Each attendee will be invited to privately complete a simple non-threatening checklist (known as DISC) that will reveal one's basic personality. Information will be provided to summarize how each personality typically expresses grief. This will assist in understanding self as well as others in a grieving journey. The workshop will also consider how life's traumatic events may affect our personality. Discussion with Q/As will be throughout the workshop.

Carol Zahnow

I lost my only child Cameron to depression and meth addiction via suicide in 2005 while living in North Texas. I was in a fog for a year. My husband, the smart one, gave me the task of picking out items that would go in the house we were having built in NC, my home state. We had decided to return to NC after Cameron had graduated from high school. (Another regret and possible reason he chose death over life.) After the move, I went to some Survivors of Suicide loss grief groups which were extremely helpful. Eventually I decided to start one in my area. From there I founded a non-profit, The Shore Grief Center. We provided SOS groups as well as grief groups for children, teens, and grief by any loss. I "retired" from the center but left it in capable hands. I learned in the following years that being creative helped with my grief, and I started soap making. I founded Shore Soap as a fundraiser for the Center but have kept creating ever since! I have now been "soaping" for 8 years, and it is my passion as well as a business. I enjoy teaching others the easy method of creating beautiful soap.

Title: Soaping through Grief

Topic: Creative Outlet for Grief

Description: I will share how I started soaping again and the benefits it provides me after the loss of too many in my life. All tools and materials needed will be provided for you to create a piece of soap art. Yes, many call it art! You will be given glycerin soap which we melt down then pour into molds. Before doing so you will choose a fragrance and colorant for your soap. After the soap has melted you will add color and fragrance. Hopefully it will dry before the end of our session but if not, it will within an hour.

NOTE: There is a materials fee of \$15. (NOTE: if you have a favorite essential oil, you are invited to bring.)