



Healing Broken Hearts Conference  
November 7<sup>th</sup> and 8<sup>th</sup>  
Workshop Schedule and Session Descriptions

Updated as of Oct 24, 2020

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## Schedule for Saturday November 7<sup>th</sup>, 2020

Start Time	End Time	Presentation: <a href="#">Please Note: All times in Eastern Standard time</a>
8:45am	9:00am	Introduction and Welcome to the Conference
9:00am	10:15am	<b>Workshop: Picking up the Pieces: Health &amp; Wellness Coaching for Bereaved Caregivers</b> Patricia Barrett-Robillard and Melinda Ladouceur
10:15am	10:30am	15 minute break
10:30am	11:45am	<b>Workshop: What about the Siblings? A panel discussion with bereaved siblings</b> Facilitator: Barb Juett Panel Members: Matt Keogh, Meagan Massad, Roland Tiamuh, Julia St-Jean
11:45am	12:30pm	45 minute LUNCH break
12:30pm	1:45pm	<b>The Art of Carrying Love for a Lifetime</b> Shelley Hermer and Alessandra (Alé) Friesen
1:45pm	2:00pm	15 minute break
2:00pm	3:15pm	<b>Canadian Virtual Hospice Presents: Grieving Online: Caring communities, Cautionary Tales and Clever Resources</b> Katherine Cullihall, Tara Skibo, Nancy Heisey, Marilyn Boyd
3:15pm	3:30pm	15 minute break
3:30pm	4:45pm	<b>Canadian Virtual Hospice Presents: Grieving in 2020: How the Pandemic Affects Your Grief</b> Facilitator: Christopher MacKinnon Panel Members: Cherie Kok, Christina Frangou, Paul Adams
4:45pm	5:00pm	15 minute break
5:00pm	6:15pm	<b>Centralizing the "Other" Pandemic: Humanizing the Grief of Opioid Loss</b> Facilitator: Christopher MacKinnon Panel Members: Jennifer Howard, Andrew Robertson

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## Schedule for Sunday November 8<sup>th</sup>, 2020

Start Time	End Time	Presentation:
8:45am	9:00am	Welcome to Day TWO of the Conference <i>Please Note: All times in Eastern Standard time</i>
9:00am	10:15am	<b>Workshop: GRIEVING: Year Two and Beyond</b> Laurie Rail and Jane Davey
10:15am	10:30am	15 minute break
10:30am	11:45am	<b>Workshop: Using Sound and Meditation to Heal</b> Andrea Courey
11:45am	12:30pm	45 minute LUNCH break
12:30pm	1:45pm	<b>Workshop: Making Meaning of Grief</b> Jane Milman
1:45pm	2:00pm	15 minute break
2:00pm	3:15pm	<b>Workshop: Another Way: The Enneagram and Grief</b> Angie Arendt
3:15pm	3:30pm	15 minute break
3:30pm	4:45pm	<b>FEATURED SPEAKER</b> <b>Workshop: Grief in the Classroom</b> Andrea Warnick
4:45pm	5:00pm	Closing the Conference

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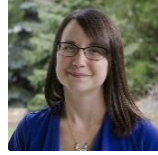
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Saturday, November 7, 2020

## Workshop: Picking up the Pieces: Health & Wellness Coaching for Bereaved Caregivers (9am EST)

**Speakers:** Patricia Barrett-Robillard, RN, Melina Ladouceur, Social Worker



### Workshop Description:

The grieving process is often more complex after death from a chronic illness such as cancer. Not only are caregivers mourning a loss, but they may also have been putting their own needs for sleep, nutrition, activity, and self-care aside for months or years to support their loved one through the roller coaster of illness, treatment, and palliation.

We will demonstrate the person-centered, strengths-based coaching approach that we use with bereaved caregivers as they navigate the path of recovery from caregiver burnout/compassion fatigue. Our approach helps them to:

- identify and make sense of their own grieving process;
- reconnect with personal goals for health and wellness;
- build upon resilience while discovering new resources for coping with stress and fatigue;
- address practical issues, plan ahead for holidays and anniversaries, and rebuild social networks,

In this interactive workshop, you will learn our approach through case studies, a live coaching demonstration, and experiential exercises. You will come away with practical tools and ideas as well as a better understanding of health coaching in the context of grief. You will learn how to use a health wheel approach to identify and prioritize your personal health needs and create a plan of action for moving on with life after loss.

We will describe, demonstrate, and give you the chance to experience how health and wellness coaching can help you and other bereaved caregivers after the loss of a loved one.

### About the Speakers:

Coaching is a unique approach that people don't always consider in bereavement. The presenters are Cancer Coaches at the Ottawa Regional Cancer Foundation. Their aim is to have you experience specific coaching approaches and tools used to support bereaved caregivers with decision-making during the grieving process, with accomplishing projects and meeting deadlines and with rebuilding social networks all while coping with burn-out and fatigue.

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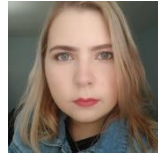
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# Panel: What about the Siblings? A Panel Discussion with Bereaved Adult Siblings (10:30am EST)

**Host:** Barb Juett, Bereavement Social Worker

**Panel Members:** Julia St-Jean, Roland Tiamuh, Meagan Massad, Matt Keogh



## Workshop Description:

*“To the outside world we all grow old. But not to brothers and sisters. We know each other as we always were. We know each other’s hearts. We share private family jokes. We remember family feuds and secrets, family griefs and joys. We live outside the touch of time.” Clara Ortega*

The relationship that people share with their siblings is potentially the longest one they will ever have. As a result, when a sibling dies, the grief experienced is very unique. When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose both the past and the future. In many ways, siblings often experience a double loss: the loss of their brother or sister but also the loss of their parents (at least for a time) as they are so consumed by their own grief that they may seek their own retreat in managing their emotions.

In this workshop, you will hear from a panel of bereaved adult siblings who will share their experiences and insights about what has been most helpful, and, how they have found meaning in their healing. Through discussion with the panel, you will gain a better understanding of the unique grief needs and issues facing siblings, and you will learn the most helpful strategies to support bereaved siblings.

## About Barb Juett:

There does not seem to be a great deal available when it comes to supports for bereaved adult siblings. As a bereavement social worker, I believe that our society has still so much to learn when it comes to knowing how to offer effective support.

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# Workshop: The Art of Carrying Love for a Lifetime (12:30pm EST)

**Speaker:** Alessandra (Alé) Friesen, Shelley Hermer



## Workshop Description:

Even though Western society has improved regarding recognizing the effects of pregnancy and infant loss, the grief journey for parents can still be lonely and misunderstood. Join family therapist and hospital social worker Shelley Hermer, and parent Alessandra Friesen as they explore ways of carrying the love you have for babies lost in pregnancy or who died after birth.

## About Alessandra (Alé) Friesen:

Alé lives with her family in Central Ontario, and is an advocate for improving the experiences of women and families encountering pregnancy loss. Following three consecutive pregnancy losses, Alé embarked on a journey to honour the lives of her babies -- Kate, Morgan and Elizabeth -- through creative endeavors, volunteering and advocacy work.

## About Shelley Hermer:

Shelley Hermer is a Social Worker and Family Therapist with over 25 years of experience including adult and child mental health and neonatal/paediatric palliative care in a hospital setting. In addition, Shelley is the Canada East Regional Manager of Camp Kerry Society, and is working part-time on her PhD at Trent University in Canadian Studies (Policy).

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## Workshop: Grieving Online: Caring Communities, Cautionary Tales and Clever Resources (2pm EST)

**Speakers:** Katherine Cullihall, Tara Skibo, Nancy Heisey, Marilyn Boyd



### Workshop Description:

Never in our lifetimes has Canada experienced the volume and complexity of grief as has resulted from the COVID-19 pandemic. When your rituals and ceremonies and support networks are disrupted, what takes their place? How can we continue to connect, support and grieve together, but apart?

Grab a cup of tea, a cozy blanket, and discover online caring communities. Victoria Hospice will help us understand what an online group looks like and how they work.

Canadian Virtual Hospice discussion forum moderator will give you an inside look at their online discussion forum and introduce you to two discussion forum members.

We'll ask them why they joined? What do they get out of it? Do they have any cautionary tales about grieving online?

Canadian Virtual Hospice's communications expert will share some examples of people sharing online and offer practical do's and don'ts.

And along the way we'll answer your online grief support questions.

We'll wrap up our online grief conversation with Canadian Virtual Hospice sharing their top ten list of the best online grief resources available in the world.

Your teacup will be empty but our hope is we you leave feeling a little less alone in your grief and a little more connected to online resources that can support you.

### About Katherine Cullihall:

Katherine worked in palliative care as a bedside nurse and also a research nurse for the Manitoba Palliative Care Research Unit. She has been the Canadian Virtual Hospice discussion forum moderator from 2013-2017 and again since March 2020. "Listen to the patient" are the most important words she heard from the best teacher – a patient.

### About Tara Skibo:

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Tara has been working in communications since 2008. She was formerly with Sport Manitoba, Special Olympics Manitoba, and the Winnipeg Blue Bombers.

**About Marilyn Boyd:**

Marilyn is a couple and family therapist who retired from the Masters of Marriage and Family Therapy program at the University of Winnipeg ten years ago. She continues to do a little bit of private practice and volunteer work. She treasures her family and friends, her cottage, sunsets, laughter and opportunities to continue to grow and to contribute.

**About Nancy Heisey:**

Nancy Heisey has taught biblical studies and church history for twenty-one years at Eastern Mennonite University in Virginia. Her life is shaped by a childhood among the Navajo people with missionary parents. She also learned much as a secondary school teacher in the Democratic Republic of the Congo in the 1970s. She became acquainted with CVH when she was caring for both of her aging parents, and then her ailing husband, starting in 2013. Her husband died in 2018, and she has continued to connect with CVH bloggers since then.

**About Victoria Hospice:**

Victoria Hospice provides end-of-life care focused on palliative treatment. They provide bereavement services including telephone support; in-person counselling; support groups, including drop-in and journal groups; information and education; and referrals where appropriate.

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# Panel: Grieving in 2020: Canadian Virtual Hospice presents Bereavement in a time of Global Pandemic (3:30pm EST)

**Host:** Christopher MacKinnon

**Panel Members:** Christina Frangou, Cherie Kok, Paul Adams



## Workshop Description:

*What challenges does the novel coronavirus present to the experience of loss? What works and what doesn't in the journey of healing from heartbreak? How can we make meaningful connection with others when most of our communication has become digital? Where can we find relief from the pain of grief? How do we manage the flood of intense emotions that come when grief bursts through the door? What can we do when an entire community is in mourning? Where do we go from here in this new and unwelcome life?*

The global pandemic has imposed numerous adjustments on the lives of grieving Canadians, revealing completely unexpected challenges to the shattering ordeal of bereavement. This panel presentation will feature a professionally facilitated discussion among three recently bereft adults, seeking answers to some of the more complex questions surrounding grief in the era of COVID-19. In searching for some of the ways we can re-create our lives after loss, the panel will converse about ways to respond constructively to the unforeseen and bewildering grief-hardships that come in these troubled times.

## About Christina Frangou:

Christina Frangou is a freelance writer and journalist in Calgary, Alberta. Her work has appeared in The Globe and Mail, Maclean's, The Guardian, Chatelaine and others. She writes on topics like grief, loneliness, and public health. In 2016, she won a National Newspaper Award for long-feature writing for a story about her experience as a young widow in the aftermath of her husband's death from cancer.

## About Cherie Kok:

Cherie Kok is the mother of three, married for 23 years, lives in Thunder Bay, Ontario. She has been the care provider and care coordinator for her parents since 2008 when first her mother and then her father 5 years later were both diagnosed with Dementia. Cherie has a personal story to tell of the loss of her mother on March 20, 2020. Cherie is also the Executive Director of Hospice Northwest in Thunder Bay which is a visiting hospice service.

## About Christopher MacKinnon:

A practicing psychologist for 14 years, Dr. Chris MacKinnon began his career in palliative care at McGill University and its affiliated teaching hospitals. There he developed a form of meaning-focused bereavement psychotherapy that has been used internationally. In addition to his present work as executive director of a private clinic Montreal, he holds an appointment with the Portland Institute for Loss and Transition in

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Oregon. He is also a psychosocial specialist with the Canadian Virtual Hospice where he has written award-winning material on grief and trauma.

A sought-after clinical supervisor and organizational consultant, he serves on the executive of the International Congress on Palliative Care, the advisory board for the Montreal Palliative Care Institute, and continues to be actively involved in teaching physicians at McGill. He regularly publishes on psychological topics related to palliative care and depth psychology, with his most recent work focusing on the areas of loss and life transition.

**About Paul Adams:**

Paul Adams was the primary family caregiver to his wife, Suzanne Szukits (pronounced sue-kits), a Canadian diplomat, who was diagnosed with breast cancer in 2012 at the age of 52. She died of the complications of metastatic breast cancer in September 2016. At the time of her death, their two children, Alex and Sophia, were 18 and 14 years of age respectively.

Since Suzanne’s death, Adams has written about palliative issues in publications such as *The Walrus*, *The Ottawa Citizen*, *Policy Options* and *Healthy Debate*. He has served as a family representative on palliative and end-of-life advisory bodies with the Canadian Partnership Against Cancer and the Ottawa Hospital.

Adams grew up in Winnipeg and was educated at the University of Manitoba, Oxford University and Columbia University. He is a former professor of journalism at Carleton University and a veteran of CBC Television, CBC Radio and the *Globe and Mail*, where he worked mostly as a political reporter. He also served as the *Globe’s* Middle East correspondent.

He is the author of several books. His first was *Summer of the Heart, Saving Alexandre*, the story of his son’s struggle with heart disease, which was short-listed for the Writers’ Trust biography prize. He also served for several years on the Journalism Oversight Committee of the Canadian Medical Association Journal.

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# Panel: Centralizing the “Other” Pandemic: Humanizing the Grief of Opioid Loss (5pm EST)

**Host:** Christopher MacKinnon

**Panel Members:** Jennifer Howard, Andrew Robertson



## Workshop Description:

Centralizing the “Other” Pandemic: Humanizing the Grief of Opioid Loss

*What is the nature of bereavement following overdose? Where can we find relief from the pain of stigmatized grief? What challenges does the novel coronavirus present to the experience of loss? What works and what doesn't in the journey of healing from heartbreak? How can we make meaningful connection with others when most of our communication has become digital? How do we manage the flood of intense emotions that come when grief bursts through the door? What can we do when an entire community is in mourning? Where do we go from here in this new and unwelcome life?*

The nature of grieving a death from opioid overdose remains largely invisible and the bereft are faced with a lonely and stigmatized journey. This professionally facilitated panel will include two parents bereft following a death from opioid overdose searching for some of the ways we can re-create our lives after loss, as well as respond constructively to the unforeseen and bewildering grief-hardships that come in these troubled times.

## About Jennifer Howard:

Jenny Howard has worked as a Child & Youth Care worker in Community Living Services for over 30 years. In 2016, Jenny lost her only child Robby to Fentanyl Poisoning. Robby's death led her down an unplanned path of advocacy with Moms Stop The Harm (a Canadian network of families and allies who have all been impacted by the overdose crisis) and she now works as Program Manager for this non-profit organization. In 2017, Moms Stop The Harm developed a peer led grief group called “Healing Hearts” when it was recognized that there was a lack of bereavement supports specific to this type of loss. Healing Hearts bereavement groups continue to grow as Canada faces the ongoing epidemic of overdose deaths and countless families who are left to grieve.

## About Andrew Robertson:

Andrew is a father of 2 boys and now has 2 grandchildren. He spent over 30 years in the education system as a teacher (10 years) and then as a school counsellor (over 20 years) in elementary, middle school and high school. Since “retiring” (he still returns to work frequently), he has become involved in a variety of volunteer activities and is currently a Registered Clinical Counsellor.

## About Christopher MacKinnon:

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A practicing psychologist for 14 years, Dr. Chris MacKinnon began his career in palliative care at McGill University and its affiliated teaching hospitals. There he developed a form of meaning-focused bereavement psychotherapy that has been used internationally. In addition to his present work as executive director of a private clinic Montreal, he holds an appointment with the Portland Institute for Loss and Transition in Oregon. He is also a psychosocial specialist with the Canadian Virtual Hospice where he has written award-winning material on grief and trauma.

A sought-after clinical supervisor and organizational consultant, he serves on the executive of the International Congress on Palliative Care, the advisory board for the Montreal Palliative Care Institute, and continues to be actively involved in teaching physicians at McGill. He regularly publishes on psychological topics related to palliative care and depth psychology, with his most recent work focusing on the areas of loss and life transition.

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**Sunday, November 8, 2020**

## Workshop Grieving, Year Two and Beyond (9am EST)

**Speakers:** Laurie Rail & Jane Davey



### Workshop Description:

Many grieving workshops focus on people's acute grief period: what griever's are experiencing their first days, weeks and months following the death. This workshop focuses on the period after the first year, and well beyond. It provides more insight into what that timeline will give those people who are further into their grieving journey.

*Question: When can an hour seem to last forever, and year feel like a moment?*

*Answer: When you are grieving the death of someone significant.*

The first year immediately following a death is a surreal one, with time seeming to both standstill, and, fly by at the same time. In year one we experience all the "firsts", and once we get through all of these (birthdays, anniversaries, holidays, etc.), we anticipate, and perhaps even look forward to, the second year of grieving becoming somewhat easier. Understanding that each person experiences grief uniquely, it is important to learn that grief beyond year one is normal, and, that the grief can change from year one, through year two and beyond.

This workshop will illustrate how the years following the first year of grieving will differ significantly. We will:

- highlight the unexpected challenges brought on in year two and beyond;
- discuss the concepts of a 'new' identity and finding 'new' meaning;
- provide insight into the griever's revised circumstances of life and relationships;
- illustrate how to set boundaries and practise self-care;
- discuss the concept of 'closure'.

### About the Laurie Rail:

Laurie is the past Executive Chair of Bereaved Families of Ontario-Ottawa. Following multiple losses, she facilitates numerous support groups, including the MAiD group. She has completed Death Doula training, is certified as a Crises & Trauma Specialist, and as a Grief Educator. Laurie is also the co-founder of Ottawa Grief Care+, an organization providing death and bereavement education to organizations, individuals and workplaces.

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### About Jane Davey-Keogh:

Jane Davey-Keogh is the co-founder of Ottawa Grief Care+. She is a grief educator and support group facilitator. Jane served as a Board of Director and Program Director for a bereavement organization and has been a bereaved parent since 2004. She is passionate about opening conversations in death literacy and educating and supporting others in bereavement.

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# Workshop: Using Sound and Meditation to Heal (10:30am EST)

**Speaker:** Andrea Courey



## Workshop Description:

We are vibratory beings. By participating in a guided sound healing experience with crystal bowls, chimes, drums and other instruments, you can raise your personal vibration, deepen your meditation practice and achieve a level of inner peace.

In this presentation, you will be introduced to the healing power of sound that will help you cultivate inner peace and help you raise your own personal vibration.

Suitable for all ages, the workshop begins with a brief explanation of the theory and background of the benefits of sound meditation and the various instruments used. Then there is a one-hour sound healing meditation incorporating music, instruments and guided facilitation that will give you a first-hand experience of raising your vibration. The time passes quickly as you are guided first to the centre of your cells and your own DNA, later journeying wherever the experience takes you.

## About Andrea Courey:

I am motivated to be of service to others for their highest and best good. Since being introduced to sound and meditation almost 30 years ago, it has been an extraordinary tool that assisted me greatly to cope with the caregiving and death of my daughter and more recently my father. I wish to share this modality with others as I see, firsthand through my sessions with cancer patients and others, that sound healing has a very positive effect on participants.

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## Workshop: Making Meaning of Grief (12:30pm EST)

**Speaker:** Jane Milman, MA, PhD



### Workshop Description:

People try to live lives that make sense and matter to them. The meaning making approach to grief therapy describes how a loss can make grievers question who they are and what their lives are about, so that whatever came before the loss no longer ‘fits’ or “matters”. Instead, grievers feel stuck as they struggle to find ways of living meaningfully.

This workshop will discuss grief from the meaning making perspective. It will describe the challenges faced by grievers as they attempt to make meaning of their grief, providing examples of what it might sound like when grievers make meaning. The workshop also identifies therapeutic exercises that are intended to support meaning making by drawing on the griever’s relationship with the deceased; for those who are interested and feel ready to do so, the workshop offers the opportunity to engage in these exercises.

Specifically, this workshop will:

- Describe how grief can become a struggle to find ways of living meaningfully while maintaining a life-affirming connection to the deceased.
- Discuss challenges faced by grievers as they attempt to make meaning
- Provide examples of what it can sound like when grievers make meaning
- Offer exercises that grievers and grief professionals can use to support meaning making

### About Jane Milman:

Dr. Evgenia (Jane) Milman, PhD, is a psychologist who teaches and conducts grief research at St Edward’s University. She is also practicum faculty at the Portland Institute for Loss and Transition and adjunct faculty at the National Crime Victim’s Center. Dr. Milman publishes research examining how making meaning of grief and trauma impacts our mental health. She also actively practices psychology and has published grief therapy techniques, assessment tools, and protocols focusing on how to support grievers in living meaningfully and maintaining a life-affirming connection with deceased. She is currently collaborating to develop the Handbook of Grief Therapies for Sage Publications.

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## Workshop: Another Way: The Enneagram and Grief (2pm EST)

**Speakers:** Angie Arendt



### Workshop Description:

For all kinds of reasons, a lot of us didn't get the tools or mentoring we needed in our formative years to name, normalize, and knit grief into the fabric of our lives. Instead, the well-intentioned advice we usually received from well-meaning people when our hearts were hurting was that we simply needed to (among other things) get over it, move on, and be grateful—and so we did. Or we tried, anyway.

As adults, we know from experience and instinct that those old habits don't really work but we aren't sure what else we can do to survive when the people we love die and life doesn't go the way we thought it would. While some of us simply double down on stuffing things down, others of us have a hunch that there has to be another way...so we courageously start looking. That's likely what brought you here. And so, that's what we'll do: in this presentation, designed for those feeling the weight of grief and those who walk with those carrying that weight, we will work with the Enneagram as a framework to do grief another way: a way that plants seeds for understanding, truth telling, compassion, connection and validation to take root and grow—foundational components in the good work of naming, normalizing, and knitting those broken places inside back together. We won't fix anything. But we will make it possible for your load to feel a bit lighter...and that's a good thing. If you know a bit about the Enneagram prior to joining in this workshop, that would be a bonus; however, it is not necessary.

### About Angie Arendt:

In a nutshell, Angie Arendt is a grief walker. She has 25+ years of experience telling and catching stories, creating community and rituals to help people not only survive but even connect more deeply to themselves, others, and the Bigger Picture of Life through the painful things of life.

She is an ordained minister (United Church of Christ, USA), master Enneagram teacher, integral developmental coach, and spiritual contrarian who has pastored in churches of 150 members and ministered to congregations with 3500 members, keynoted local and national conferences, taught with the Enneagram Institute, and worked with non-profits and global organizations all over North America to plant seeds for more empathy, compassion, and kindness at work, at home, in the world... starting with the self.

In 2018, Angie moved to Almonte, Ontario with her husband Peter McGaugh and their two yellow dogs and opened Big Stone House—a place where people from all walks of life learn and practice the care of the soul. These days she spends her time writing, listening, mentoring, teaching, training, ritualing, and creating community to connect and grow through the real stuff of life: the highs, the lows, and the in-betweens.

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## FEATURED SPEAKER: Andrea Warnick, Grief in the Classroom (3:30pm EST)

**Speaker:** Andrea Warnick



### Workshop Description:

Supporting grieving children and youth in the school environment can be challenging for both educators and parents. It's not uncommon for children and youth to worry about their grief surfacing at school, and to struggle with concentrating in class. This presentation, designed for parents and educators, will explore a number of practical strategies for supporting a healthy grief process for children of all ages within a school environment. A number of useful web and literary resources specifically addressing this topic will be shared.

### About the Speaker:

Andrea specializes in ensuring that adults, children and youth have access to caring and informed support when experiencing the serious illness, dying, or death of someone close to them. She has learned through her 20 years of experience that such support goes a long way towards helping individuals of all ages integrate their grief in a way that allows them to thrive in life.

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