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Workshop “A” Descriptions

A1 Workshop Grieving, Year Two and Beyond

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 Speakers:

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.

Jane Davey is a Program Director at Bereaved Families of Ontario and contributor to the book “Always with me-Parents Talk about the Death of a Child”, 2018.

A2 Workshop: Healing your Heart: Moving from Pain to Peace

Speaker: Anne DeButte

Workshop Description:

The aim of this workshop is to have participants view their grief differently, with less fear and resistance. It will help participants work with their grief daily by having the confidence and tools to help them cope and move towards healing and peace.

Focussed on those of you who are newly bereaved (less than 2 years), during this workshop, you will discover:

- the importance of grieving;
- how and why grief affects you;
- how to work with your feelings, emotions, and thoughts.

Through mini-lectures, hands-on tools, and group discussions you will learn the action steps to take that will lessen your sorrow and bring you peace.

About Anne DeButte:

Anne is a Grief Coach and Guide with a nursing background. She understands the chaos, confusion and emotional turmoil that death can bring. Based on her own healing journey and her studies about grief, she is passionate about helping others understand grief and not feel alone and lost as she once did.

A3 Workshop: Healing from Grief – It is NOT a solo journey!

Speaker: Margaret Maier, CEO Naturally You

Workshop Description:

There is no doubt that the death of a loved one can be traumatic and this trauma, if unresolved, can show up in our minds and bodies in different ways. Internal stress and even forms of pain can become chronic if grief emotions are not addressed. In my case, the suicide of my son, Adam, set me on a downward spiral of depression, anxiety, bad habits and feeling hopeless. Shoving the emotions under the rug is not the best way to deal with the death of someone you have lost.

This presentation offers a path out of the downward spiral. It shows you how to let the grief out from under the rug and resolve the underlying trauma.

In this workshop, you will learn about resources available to you. You will learn a key mistake that I learned that may hinder you from moving through your grief. And you will discover a tool to help decrease the amount of stress associated with facing your grief.

About Margaret Maier:

Margaret Maier, better known as **Canada's Natural Healing & Detox Expert**, has been combining science with holistic medicine for over two decades. She aims to empower people to heal and become more resilient after grief, loss, trauma and illness.

A4 Workshop: Going with the Flow: Yoga for Grief

Speaker: Kathryn Zettel

Workshop Description:

Learning how to flow with the cycle of life, death and new life is both our greatest gift, and, challenge within our human experience. Accepting the impermanence of life, and living with the loss, compels us to learn how to be with grief. Grief is more than an emotional response to loss; it has a purpose and it is a skill to be learned. Grief affects us physically, emotionally, cognitively and spiritually.

When grieving, the practice of yoga is an invitation for us to inhabit our body, to be present and experience the unity of mind, body and spirit. Yoga can serve to sustain and strengthen all aspects of our being and helps us experience a sense of wholeness at a time when wholeness feels farthest away.

This yogic wisdom has been around for centuries. Only recently, however, has research been developed to demonstrate the effectiveness and therapeutic benefits of yoga as well as its being an adjunct to counselling and therapy.

In this workshop we will:

- explore the grief response, ways of being with grief and grieving as a skill;
- discuss how yoga can be effective in supporting our grief process;
- experience yogic breath practices, postures and meditations which build our capacity to inhabit and care for the self.

Note: Please wear comfortable clothing and bring a yoga mat and/or cushion.

About Kathryn Zettel:

It is my core life-long passion to support people through grief. I am not a stranger to grief; I lost a good friend as a very young child. I believe when we lose people, it is one of the most painful, important and “sacred” times in our lives and holds the possibility for meaning of life. And yet, there are so few resources to support this significant time in our lives. I am a psychotherapist and yoga instructor and would love to have the opportunity to discuss how yoga can be a resource during times of grief.

A5 Workshop: A Death Doula's Approach to Grief and Loss

Speakers: Christiane Zeithammel, Lisa Rhoades & Debbie Charbonneau

Workshop Description:

Our experienced Death Doulas will take you on a journey to gain knowledge and experience about alternative approaches to grief and loss. We will demonstrate the difference between grief and bereavement, define the various types of grief that can arise at the loss of a loved one and explain how Death Doulas can support the grieving process, both anticipatory grief, as well as post-death grief. We include pets in our practice as we deeply believe that in our society, pets are often as deeply grieved as our human companions.

Our desire is to see grief and bereavement support return to our families and communities. We'll share our vision of how having a robust death doula presence in our communities can help make that happen.

There are several ways that we, as death doulas, support those who are bereaved. We'll talk about Death Cafés, home funerals, legacy work, shamanic meditative techniques, and altar creation. We'll share how each of these services offers unique support through the life of the grieving process.

We will offer two different experiential components to demonstrate alternative possibilities to engage with grief. Participants will be invited to join us in creating an altar honouring their loved one(s), as well as the choice to participate in a Shamanic meditative process in which the participants can have a completion conversation with someone they have not had, or know they will not have, an opportunity to complete before their death.

About the Speakers:

Our motivation in presenting at the Bereavement Conference is to reach out to those who are grieving and to create greater awareness and understanding about how Death Doulas can support them as they journey through a very sorrowful time.

Seeing first-hand the effects our support has had on those who are bereaved and feeling tremendous loss, highly motivates us to reach out to as many people as possible. Our desire is to have our voices heard loud and strong in every community so that no one in need of our services is left out.

<https://www.cbc.ca/news/canada/british-columbia/first-nations-health-authority-death-doula-training-1.5117178>

<http://www.cindea.ca/resources-pre.html>

Workshop “B” Descriptions

B1 Workshop: Using Sound and Meditation to Heal

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.

B2 Workshop: Picking up the Pieces: Health & Wellness Coaching for Bereaved Caregivers

Speakers: Bonney Elliott, 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-centred, 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 speakers, Bereavement Professionals, offer free coaching at the Ottawa Regional Cancer Foundation and would love to see more people use their services. 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.

B3 Workshop: Incomplete Grief: A Work in Progress

Speaker: Kyla Carson

Workshop Description:

A present loss can evoke unresolved grief from a previous loss. If those feelings have not been worked through sufficiently, and this is often the case, one may be surprised by the flood of unresolved pain that arises.

In this workshop, through meditation, visualization exercises and various other techniques including journaling, you will be offered the opportunity to heal some of this residual pain. Self-care exercises will be explained as well as language to manage the feelings that can be overwhelming.

About Kyla Carson:

As a psychotherapist, I regularly treat individuals who have not recovered from a previous loss and are surprised by the intensity they are experiencing from this bereavement. It can even entail the death of a pet that leaves the mourner in anguish. By addressing both past and present losses, a deeper healing can be experienced.

B4 Workshop: Transforming Grief – The Wise Woman Way

Speaker: Kathleen Leeson RH

Workshop Description:

In this workshop, I will explain the usual way we approach a difficult problem and then will show the Wise Woman Way to work through grieving or loss. I will demonstrate the “how-to” ways by having a participant interact with me. By observing this interaction, all participants will see the process of transformation in action and understand how Wisdom Ways can transform the experience of loss. Participants will gain more tools to use in the future. The workshop may end with a group meditation if time allows.

About Kathleen Leeson:

As a Shaman, it is my obligation to the community to pass on this knowledge and practical skills that have proven their transformative value since time immemorial. In addition, my colleague and I offered a Shamanic journey in 2018 and many people thanked us for coming. I have been doing this work for 30 years now so thought I'd offer something different this year.

B5 Workshop: Perinatal Hospice and Bereavement

Speaker: Lesley Sabourin, Perinatal Hospice Nurse Coordinator

Workshop Description:

Coming soon...

B6 Workshop: Grief in the Classroom

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.

Workshop “C” Descriptions

C1 Workshop: 12 Steps to Bridging – Communicating With Spirit

Speaker: Andrea Courey

Workshop Description:

We can learn to communicate directly with spirit!

This is a participatory, hands-on workshop to help release doubt and give participants tools to develop their own abilities to communicate directly with spirit.

One of the biggest obstacles to communicating with spirit is our own doubt. This workshop helps you remove that doubt and gives concrete steps to build confidence and your own personal practice. The 12 steps are clearly laid out and form the basis of a skill set that can be learned, practised and refined.

All materials will be provided and a short sound meditation will conclude the 75-minute workshop.

About Andrea Courey:

This workshop is based on channelled material I received from my daughter, Chloe, who passed into spirit in 2016. I want to share the information I received so that others can benefit from this step-by-step process and have the great personal joy of engaging in dialogue with their loved ones across the veil.

C2 Workshop: Mindful Grieving: Advancing Through Grief with Mindfulness

Speaker: Rebecca Ross

Workshop Description:

Mindfulness meditation is often suggested by therapists and doctors for individuals experiencing grief and loss, but how can we be in the moment when our current moment is unbearable? In fact, many yoga and meditation classes and workshops are not designed to be grief and trauma-friendly and can have adverse effects for participants. Through a trauma-informed lens, this workshop approaches grief through mindfulness and teaches participants how to be with strong emotions and sensations without being overwhelmed or swept away by them.

The objective of this workshop is to introduce mindfulness meditation for grief through a trauma-informed lens, making these essential practices safe and approachable for all experiencing grief and loss. This workshop would also be appropriate for therapists and counsellors who recommend mindfulness approaches for grief and loss. The skills taught will include:

- gaining an understanding of the foundational attitudes of mindfulness and mindful breathing techniques;
- developing an awareness and learning techniques to manage the physical symptoms of grief and loss;
- developing increased compassion (towards self and others).

In this workshop, you will be taught mindfulness meditation techniques in ways that are trauma-sensitive and safe for those experiencing grief and loss. You will develop mindfulness skills that can support you throughout your grief journey, in whatever shape it takes and for however long you are on the journey.

During the workshop, key techniques will be outlined and practised, giving you the opportunity to experience the mindfulness meditation in a safe environment and to ask questions based on their own inner experience. The workshop will also include light stretching and mindful movement.

About Rebecca Ross

As a meditation teacher, I've been offering mindful grieving workshops and community drop-in classes for the last year and a half. I strongly believe that meditation and yoga are essential tools to support grief and loss, but, often mainstream yoga and meditation approaches further alienate those experiencing grief and loss. It is my goal to offer these practices in a grief and trauma-sensitive way, allowing individuals experiencing to be together in an experiential, in the moment way. As an individual bereaved due to suicide, these practices have been instrumental in my life and it is an honour to offer them to others who are bereaved.

C3 Workshop: Expressive Arts for Grief Workshop

Speakers: Margaret (Lorrie) Beaton & Andrea Steinwand, Bereaved Families of Ontario – Ottawa Chapter

Workshop Description:

In this interactive and experiential workshop, participants will gain a better understanding of the use of expressive arts within grief work. Art making has the power to tap into non-verbal creative processes in the brain that are necessary for psychological transformation and it has the potential to offer a process for reflection, insight, meaning-making, and healing.

This workshop is suitable for those who are actively grieving, as well as those who work in the field of bereavement. The workshop will include a presentation, a reflection-discussion with a question and answer session and an experiential Rosebush visualization exercise. The objectives are to help participants to:

- understand the impact of grief;
- learn ways to use art as a vehicle for processing emotions;
- develop strategies for self-care and healing;
- help empower individuals of all ages to reconnect with their inner world and the emotions that are attached to their grief.

About Speakers from Bereaved Families of Ontario:

Margaret (Lorrie) Beaton, Program Director and Andrea Steinwand, Art Therapy Practicum Student from Bereaved Families of Ontario- Ottawa Region are pleased to have the opportunity to share the ability to combine the arts in grief work.

C4 Panel Discussion: Traversing the Sea of Loss: Shamanic Ceremonies and Processes that Aid Working Through Grief

Panel Members: Kathleen Leeson RH, Shamanic Healer & Clinical Herbalist; Debbie Charbonneau, Shaman & Death Doula; Carrie Fawcett, Ceremonialist; Michele Bougie Shaman & Panel Facilitator; Christiane Zeithamel, Death Doula

Workshop Description:

Change and *Transition* in the Shamanic Tradition, are normal experiences and happen regularly in our lives. The emotional response of grief is one of these experiences. At some point in our lives, we will all face *Change* through the loss of a loved one and this brings a quality of heartache that can be much more difficult to work through. In the Shamanic Tradition, our Wisdom teaches us that experiencing significant loss can create an opportunity to 'plumb our depths'. But how do we do so without getting caught in the undertow? And if caught, what can we then do?

How we experience this change/loss and how it then alters us, can be unique to the individual involved. There are, however, some recurring and common patterns to bereavement for which a variety of time-honoured Shamanic Ceremonies and Processes have been developed and offered to aid the individual who is suffering.

On this panel will be skilled, educated Shamanic Healers, Death Doulas and Ceremonialists who have decades of experience in the art of navigating the *Waters of Consciousness*: freeing ourselves from the depths of sorrow, plotting a course, and eventually sailing across to shore. These experts are willing to share their own personal experiences of recovery and their knowledge in hopes that it may be of use to those in need.

This session is simply to give people an opportunity to discover these complementary healing processes and answer any questions about this time-honoured tradition. There are a variety of ways that Shamanism can change the grieving experience for the better and a panel discussion is the perfect place to have this discussion.

About Speakers:

Kathleen Leeson RH, Shamanic Healer & Clinical Herbalist
Debbie Charbonneau, Shaman & Death Doula,
Carrie Fawcett, Ceremonialist
Michele Bougie, Shaman & Panel Facilitator
Christiane Zeithamel, Death Doula

C5 Panel Discussion: What about the Siblings? A Panel Discussion with Bereaved Adult Siblings

Speaker: Barb Juett, Bereavement Social Worker

Panel Members: Scott Markovic, Julia St-Jean, Roland Tiamuh, Lisa Vadeboncoeur

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.