

Hope, Healing and Aloha: TCF Hawaii Regional Grief Conference 2026

March 19 & 20, 2026
Ala Moana Hotel in Honolulu

Grief is the expression of LOVE for the one you lost ~ Let's HEAL together

E Komo Mai, All are Welcome: Find comfort in sharing our common experience of loss. Seek hope and a path towards healing at our inaugural TCF Hawaii Regional Grief Conference.



Join us for our two-day conference featuring a lineup of prominent national speakers about grief and healing. The event presents a rare opportunity for our Hawaii grief community to attend a TCF conference in our own backyard.

Workshops are available on all aspects of grief in the specialty of

Child and Sibling loss.

Please see the reverse side of this flyer for a list of speakers and workshops.

To register & for more conference details, including information on great hotel rates and early-bird conference discounts, visit

[Hawaii Grief Conference 2026](#)

Presented by The Honolulu Chapter of The Compassionate Friends

Continuing ED: This program is approved by the National Association of Social Workers - Hawai'i Chapter (Approval HI62792023-193) for up to 14 Social Work continuing education contact hour(s)

Hope, Healing and Aloha: TCF Hawaii Regional Grief Conference 2026 Conference Speakers and Workshops

Below is a list of our conference presenters:

Anna Arnett	Dr. Gloria Horsley
Rebecca Horsley Bara	Dr. Heidi Horsley
Dr. Bob Baugher	Glen Lord
Janée Baugher	Tanya Lord
Larry Carlat	Tami Cox Martinez
Barbara Davies	Stacy Parker
Roy Davies	Steve Parker
Jordon Ferber	Alan Pedersen
Gabby Gouveia	Jennifer Pérez
Carmen Guevara	Laura Trinkle

Here are some of the workshop topics:

- Getting Right with Grief
- A Space in the Heart: A Survival Guide for Grieving Parents
- Supporting People After a Suicide
- Support after a Substance Use Related Death
- Ten Things You Can Do to Decrease Anxiety After Loss
- Creative Writing and Grieving
- Grief is My Middle Name
- Suicide Loss Panel
- I'm Completely Alone, Now What
- How is Your Mother?
- Loss of a Young Child
- Love and Grief
- Grief Release
- Yoga by the Beach
- I Can Still Be a Light
- Love Winks: Signs, Symbols, and Dreams
- Loss to Fentanyl
- Suddenly Alone
- All Levels Yoga Workshop: Healing through Movement
- Gritty Grief
- Stepparents-It's Complicated
- Leading After Loss
- Sibling Loss Sucks
- Sibling Panel, Parent Panel (Sudden Death), and Parent Panel (Medical and Prolonged Death)
- Creative Epistolary (Letter) Writing & Grief
- Surviving the Loss of Multiple Children: Reclaiming Joy After the Unthinkable

You can go to the [Honolulu Chapter website](https://compassionatefriendshawaii.org/) to register:

<https://compassionatefriendshawaii.org/>