

# Keynote Speakers

## Roy Davies



Roy has four children and is a twice-bereaved parent. He lost his 20-year-old son, Roy James, to an unknown heart disorder in 2008 and in 2012, his 15-year-old son, Taylor Martin, died suddenly from an undiagnosed blood disease. He survived with the help of The Compassionate Friends.

Roy was Chapter Leader of the Nashville Chapter of TCF. He attended his first TCF National Conference in Chicago in 2014 and has been a presenter at every national conference since then. Roy and his wife, Barbara, chaired TCF Regional Conferences in Nashville, TN in 2017 and 2019.

Roy has served on the TCF Board of Directors and is past-President. He is currently Regional Coordinator for Kentucky and West Virginia. Roy has found his purpose in helping others find their way through this dark and confusing journey of grief.

### *Workshops:*

- *Keynote: I Can Still Be A Light*
- *Stepparents – It's Complicated*
- *Parent Panel Moderator (Medical or Long-term Death)*

## Alan Pedersen



Alan Pedersen is one of the most recognized names in the field of grief and loss. He is an award-winning singer, songwriter, television writer and host, and grief professional. In August of 2001, Alan's daughter Ashley died in an automobile accident. He took his tragedy and turned it into a life's work of traveling the USA sharing hope and healing through his speaking and music presentations. Since 2004, Alan has presented programs for grieving families in over 1,600 cities as part of his Angels Across the USA tour. Alan also served as executive director of The Compassionate Friends from 2013-2017.

### *Workshops:*

- *Keynote: Getting Right with Grief*
- *Ten Things You Can Do to Decrease Anxiety After Loss!*

# Keynote Speakers

## Jennifer Perez



Jennifer Perez is a dynamic speaker on loss, grief, and the quiet, powerful resilience that emerges in the shadows of heartbreak. After losing her brother Anthony at just 15 years old to accidental carbon monoxide poisoning, her world as she knew it cracked open — ushering in not only sorrow, but an awakening. As a certified Life Coach and Grief Educator, Jennifer channels her pain into purpose, and invites others to open themselves up to the hidden gifts of grief. With deep empathy and emotional honesty, she shares the intimate journey of shifting family dynamics, the disorienting search for a new normal, and the tender process of redefining identity after loss. She believes that we can live *with* grief, not in it, and that healing is a sacred act of remembrance, where love continues to grow.

Jennifer is the sibling representative for the Miami, FL chapter of The Compassionate Friends, and hosts the Gritty Growth podcast, where she shares stories of heartache, healing, and hope.

### **Workshops:**

- *Keynote Presentation: Gritty Grief*
- *Panel: Sibling Loss*

# Workshop Presenters

## Anna Arnett



Anna Arnett is a Grief Educator, Grief Movement Guide, and Stanford Medicine YogaX-certified yoga teacher, trained in an integrative model that weaves ancient yoga philosophy with modern neuroscience to bring yoga into healthcare. Raised by bereaved parents, Anna is the mother of three children. In 2020, her daughter Julia, a cancer survivor at 10 months old and juvenile diabetic from the age of four, died in her sleep from diabetic ketoacidosis at the age of 28. Twenty-two months later, her oldest son Spencer died from fentanyl poisoning at the age of 31. She serves on the Board of Advisors for GriefHaven and facilitates grief support groups, offering a grounded, hopeful perspective on living fully after loss. Anna lives in Los Angeles with her husband David and her two goofy Golden Retrievers, Elli and Roo.

### *Workshops:*

- *Surviving the loss of Multiple Children*
- *Parent Panel: Sudden Loss*
- *Panel: Loss to Fentanyl*

## Rebecca Horsley Bara



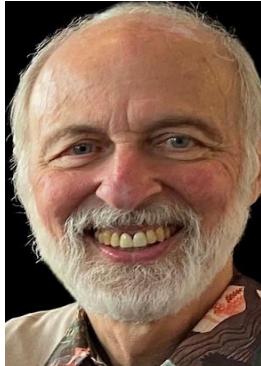
Rebecca has been teaching yoga and meditation for over 20 years. Throughout her career, she has owned two yoga studios, led international yoga retreats, and conducted yoga teacher training and workshops. Rebecca has a profound understanding of grief, having lost her brother to a car accident during her teenage years. She holds a Master's Degree in Transpersonal Psychology and a health coaching certificate. She serves as President of her family foundation, Open to Hope, founded in memory of her brother, with a mission of helping people find hope after loss.

### *Workshops:*

- *Grief Release*
- *Healing Through Movement*
- *Panel: Sibling Loss*

# Workshop Presenters

## Dr. Bob Baugher



Dr. Bob Baugher is a psychologist and certified death educator who recently retired from Highline College in Des Moines, Washington where he taught courses in Psychology and Death Education. For the past 30 years he has been the professional advisor to the South King County Chapter of The Compassionate Friends. Bob is the author of several grief-related books and articles and has been invited as a workshop presenter at the TCF National Conference for most of the past 30 years. Visit his website at: [www.bobbaugher.com](http://www.bobbaugher.com)

### *Workshops:*

- *Supporting People after Suicide, Love and Grief*
- *Love and Grief*
- *Panel Moderator: Suicide Loss Panel*

## Janée J. Baugher



Janée J. Baugher, MFA, a suicide survivor, was awarded a 2024-2025 grant from the Seattle Office of Arts & Culture to complete her manuscript, "Suicide in the Mirror: A Lyric Memoir." Her most recent books include *The Andrew Wyeth Chronicles* (Tupelo Press, 2026) and *The Ekphrastic Writer: Creating Art-Influenced Poetry, Fiction and Nonfiction* (McFarland, 2020). Baugher has been teaching creative writing since 1999.

### *Workshops:*

- *Creative Writing and Grieving*
- *Grieving Creative Epistolary (Letter) Writing & Grief*

## Larry Carlat



Larry Carlat is a grief coach and group leader for bereaved parents at Our House Grief Support Center in Los Angeles. He has written for *The New York Times Magazine*, *Esquire*, *GQ*, *Rolling Stone*, *Men's Journal*, *Men's Health*, *Psychology Today* and *AARP Magazine*. His new book, *A Space in the Heart: A Survival Guide for Grieving Parents* was recently published by Rowman & Littlefield.

### *Workshops:*

- *A Space in the Heart: A Survival Guide for Grieving Parents: The End (Early Grievers)*

# Workshop Presenters

- *A Space in the Heart: A Survival Guide for Grieving Parents: The Beginning (Later Grievers)*
- *Panel: Suicide Loss*
- *Parent Panel: Sudden Death*

## Carmen Guevara



Carmen Guevara was on panel for first Loss Due to Fentanyl Workshop at The Compassionate Friends Conference in Seattle. Carmen lost her only child Jacinto to Fentanyl Poisoning in 2020. He was only 26 years old. Since that time she has participated in various support groups and conferences through Compassionate Friends and other grief groups. She served on the first panel for Loss Due to

Fentanyl at the Compassionate Friends Conference in Seattle in 2024. She continues to strive to live fully as Jacinto lived and would have wanted his mom to live.

### *Workshops:*

- *Panel - Loss to Fentanyl*
- *Parent Panel - Sudden Loss*

## Tami Cox Martinez



Tami Cox Martinez: Mom to Danielle Cox who passed in 2016. Tami retired after 30 years in medical sales. She enjoys travelling, gardening, cooking, and helps her husband Raul run his construction business. She is so honored to be a part of the steering committee.

I'm sharing my 10-year, deeply intimate journey after losing my daughter to suicide. Grief isn't something I carry — it's part of who I am now. It's like a middle name. The people closest to me know it. Everyone else only knows my first.

This is me showing what it looks like to keep going. To live alongside grief. To manage it, even when it still hurts."

### *Workshops:*

- *Grief Is My Middle Name*
- *Panel Suicide Loss*
- *Panel Parent – Sudden Death*

# Workshop Presenters

## Barbara Davies



Barbara has been involved with The Compassionate Friends for 15 years. She and her husband, Roy, found the Nashville chapter after moving to the area in 2010. They lost their 20-year-old son, Roy James, in 2008 due to an undiagnosed heart condition and found hope with their TCF family. In 2012, their 15-year-old son, Taylor Martin, died suddenly from an undiagnosed blood disorder. TCF surrounded them with love and support.

Barbara and Roy served as chapter leaders of the Nashville chapter. They chaired successful Regional Conferences in 2017 and 2019. They currently serve as Regional Coordinators for Kentucky and West Virginia and Barbara currently serves on the TCF Board of Directors.

Barbara has presented workshops at several TCF national conferences, but her favorite activity has been leading the Butterfly Boutique.

### *Workshops:*

- *Stepparents – It's Complicated*
- *Parent Panel (Medical or Long-term Death)*

## Jordon Ferber



Jordon Ferber is a standup comedian, podcaster and a bereaved sibling. Jordon's brother Russell was killed in a car accident on July 6<sup>th</sup>, 2002, at the age of 21. Since then, Jordon has worked to become a much-needed voice in the bereavement community. Currently his chapter's Co-Leader, he has facilitated The Compassionate Friends Manhattan Siblings group for the past decade and has presented his keynote address at bereavement conferences across the country. Jordon is a unique public speaker, and producer of "*Where's the Grief?*," a podcast with (mostly) comedians who have experienced tragic loss. He and his family run **The Russell Ferber Foundation**, which provides scholarships to the Culinary Institute of America. He produces a yearly comedy benefit show for the foundation, continuing to bring people together and carry on the spirit of his brother Russell through love and laughter. In his spare time, Jordon enjoys writing short blurbs about himself in the third person.

### *Workshops:*

- *How is Your Mother?*
- *Suddenly Alone*
- *Panel: Sibling Loss*

## Workshop Presenters

### Gabby Gouveia, RN, RYT-200, Certified Grief Educator



Gabby Gouveia is a Hawai‘i-born nurse, yoga instructor, and grief advocate who integrates movement, compassion, and lived experience into spaces of healing. After the death of her 5-year-old son Grayson to brain cancer in 2016, she and her husband Ka‘eo co-founded Let Grace In, where Gabby serves as Executive Director, guiding programs that support ‘ohana grieving the death of a child through Hope Retreats and monthly gatherings with evidence-based, holistic, culturally rooted practices.

Gabby has 25 years of nursing experience and was named 2021 Nurse of the Year for Community Stewardship at Straub Benioff Medical Center. She is a Certified Grief Educator, a Grief Recovery Method Specialist, a Grief Movement Guide, and a 200-hour Registered Yoga Teacher with CorePower Yoga.

Her approach bridges physical, emotional, and spiritual wellness — using mindful movement as a path to release, resilience, and connection. Gabby lives in Honolulu with her husband Ka‘eo and their daughters, Olivia and Charli.

#### *Workshops:*

- *Yoga by the Beach*
- *Parent Panel - (Medical or Long-term Death)*

### Dr. Gloria Horsley



Dr. Gloria Horsley is a bereaved parent, family therapist, and psychologist. She is founder of the Open to Hope Foundation, [www.opentohope.com](http://www.opentohope.com), and co-hosts the award-winning “Open to Hope” cable television show and podcast. An award-winning author, Dr. Gloria has co-authored 10 books. Her latest book is called, *The Secrets of Senior Dating; Open to Love*. She has been interviewed on numerous podcasts and television shows, including “The Today Show.” She is a member of the Forbes Nonprofit Council and serves on the advisory boards for the Tragedy Assistance Program for Survivors (TAPS) and the Elisabeth Kubler-Ross Foundation.

Dr. Gloria is also a former faculty member for the University of Rochester School of Nursing and the Academy of Intuition Medicine.

#### *Workshops:*

- *Ten Things You Can Do to Decrease Anxiety After Loss*
- *Panel: Parent, Sudden Loss*

# Workshop Presenters

## Dr. Heidi Horsley



Dr. Heidi Horsley is a bereaved sibling, licensed psychologist, and social worker. She is Executive Director for the Open to Hope Foundation, [www.opentohope.com](http://www.opentohope.com), and co-hosts an award-winning cable television show and podcast. She is an Adjunct Professor at Columbia University, and award-winning author of eight books. Dr. Heidi serves on the Advisory Boards of the Tragedy Assistance Program for Survivors of Military Loss (TAPS), the Elisabeth Kubler-Ross Foundation

and Sibling Strong Retreats. For ten years she worked on a Columbia University longitudinal study, with firefighter families who lost a firefighter in the September 11<sup>th</sup> attacks. Her psychology doctoral dissertation was on the sudden death of a sibling.

### *Workshops:*

- *Ten Things You Can Do to Decrease Anxiety After Loss*
- *Sibling Loss Sucks*
- *Panel Moderator, Sibling Loss*

## Glen Lord



I am the CEO of Peer Support Community Partners and the Director of SADOD, Support After Death by Overdose, a Massachusetts-based initiative that supports those grieving a substance-related death and provides peer-to-peer support throughout their grief journey. My involvement in this work is deeply personal. My son Noah died from medical error after a tonsillectomy when he was four and a half years old. My sister Heather passed away from metastatic breast cancer, and my surviving son Vladik struggles with substance use disorder. These losses have shaped my understanding of grief, connection, and genuine support.

Professionally, I have spent decades advocating for grieving individuals and building systems to ensure no one faces grief alone. I have led peer-based grief response efforts at local, state, and national levels, from supporting families after individual losses to developing statewide infrastructure to respond when children, siblings, spouses, and friends die. I co-created the RIVER Model of peer grief support (Relate, Invite, Validate, Empower, Reassure), which is currently being tested through NIH-funded research in collaboration with the RAND Corporation and Stanford University.

I have been involved with The Compassionate Friends for over twenty years, serving on its National Board of Directors, including two years as Board President, and participating in local chapters and national conferences as a grieving parent who has found lifelong connection, comfort, and purpose within this community.

## Workshop Presenters

At my core, I believe grief is not something to get over but something to inhabit and grow through. Peer support transforms unbearable isolation into connection, meaning, and hope. My life's work is dedicated to ensuring every grieving person has access to compassionate, informed peer support that meets them where they are and honors those they love.

### Tanya Lord



Tanya Lord, PhD, MPH, is a storyteller, systems thinker, and advocate who brings lived experience to the heart of healthcare improvement and peer grief support. Her path began with the heartbreak of losing her son Noah to a preventable medical error, an experience that forever changed her and set her on a course to reimagine how healthcare could, and should, serve patients and families. Fueled by this loss and a deep commitment to change, Tanya earned a Master of Public Health and a PhD in Clinical and Population Health Research, focusing on patient safety and quality. Since then, she has partnered with healthcare systems, government agencies, and advocacy groups across the country, working to embed the voices of patients, families, and communities into the very design of the systems that affect them. Through Equity Centered Design and co-design, Tanya helps create spaces where those most impacted by harm are not only heard—but lead the way forward.

While her professional focus remained on transforming healthcare, Tanya was also building something just as essential: peer grief support grounded in the wisdom of those who carry loss. Over the years, she developed peer-led models for people experiencing deep, often unacknowledged grief. Now, through Peer Support Community Partners, Tanya brings these two worlds together. Her work is a call to hold grief not as a problem to fix, but as a truth to honor, through trauma-informed, equity-rooted programs that invite healing, build resilience, and challenge systems to do better. Initiated by tragedy, Tanya's work is sustained by a hope—for a healthcare system that is safer, more compassionate, and truly responsive to the needs of patients, families, and the people who care for them.

### Workshops:

- Support after an Overdose
- Loss of a Young Child
- Love Winks: Signs, Symbols, and Dreams

# Workshop Presenters

## **Stacy Parker**



Stacy Parker is a native Californian, living with her husband and two kids in the Los Angeles area. She became a grief expert after her first daughter; Alyssa died in 1997. Since her daughter's death, Stacy has been involved with The Compassionate Friends. She and her husband began facilitating their local TCF chapter in 2000. They also Co-Chaired the 2004 TCF National Conference in Hollywood, California & helped with the TCF International Conference in 2012.

Stacy has volunteered at Our House in Los Angeles, and wrote for an online newsletter - Sharing Wisdom, was a parent advocate at Cedar Sinai Medical Center & UCLA Mattel Children's Hospital and has been on the board for the Children's Hospice of America Foundation.

Stacy and her husband have been guests on Open to Hope & she is a parent representative on the hospice and palliative care board of the AAP (American Academy of Pediatrics). Grief As a Second Language is her first published book.

### **Workshops:**

- **Loss to Fentanyl Poisoning**
- **Parent Panel (Medical or Long-term Death)**

## **Steve Parker**



Steve Parker lives in the Los Angeles area with his family. He started his grief journey after his first daughter; Alyssa died in 1997. He and his wife began facilitating their local TCF chapter in 2000. They also Co-Chaired the 2004 TCF National Conference in Hollywood, California & helped with the TCF International Conference in 2012. He was on the TCF Board of Directors and was past president. Over the years Steve has facilitated many workshops. Most notably Fitness and Grief and Early Childhood loss. Through the years of working with bereaved families, he has a strong connection with helping others.

### **Workshops:**

- **Loss to Fentanyl Poisoning**
- **Parent Panel (Medical or Long-term Death)**

# Workshop Presenters

## Laura Trinkle



Laura serves in memory of her son, Matt Trinkle, who died in a fall while attempting to climb summit Dragontail Peak in the Cascade Mountains on June 30th 2012. Matt was 19 years old, an avid climber, full of life, and a friend to everyone he met. Laura found the Arlington, VA, TCF chapter through a grief counselor in the months following Matt's death. Laura has served on the Steering Committee for both the Arlington, VA, and Honolulu, HI, TCF chapters. In Arlington, she assisted with the annual candle lighting for 2015 and 2016. In Hawaii, Laura organized and facilitated the monthly evening meeting to provide another option for those who

were looking for support. She also assisted throughout COVID in facilitating meetings via Zoom. She was a key contributor to the success of the first Hawaii Regional Conference originally planned for March 2020 and then postponed to March 2022. During this event, she represented the Hawaii Chapter as the spokesman at all the combined events.

Laura grew up in an Army family in Kansas. She served 30 years in the Army as a Medical Service Corps officer, retiring in 2020 as a Colonel. Throughout her career, she lived around the country and Germany. She deployed to Kosovo and Iraq with Combat Support Hospitals. After retiring, her desire to continue serving led her to the Hawaii Keiki Program, a non-profit organization providing school based health services to public school students in Hawaii. She continues to work remotely for the Hawaii Keiki Program on a part-time basis. She holds Masters Degrees in Healthcare Administration (Baylor University) and Strategic Studies (US Army War College). She is a Life Fellow in the American College of Healthcare Executives.

Laura currently lives in Wamego, Kansas. After working at the local level with two chapters, she is interested in serving at a national level. Through her work experience, she has served at senior executive levels and believes her skills would enhance the TCF Board. Using her skills to keep TCF as a thriving organization that can help others in their grief journey is what led her to express interest in the TCF BOD.

### Workshops:

- I'm Completely Alone
- Parent Panel, Sudden Death