

# Workshops

## **First Breakout Session**

### **A Space in the Heart: A Survival Guide for Grieving Parents: The End, Early Grief** (Larry Carlat)

As strange as it may sound, “The End” is a good place to start. It’s the end of your child’s life and the end of your life as you know it. We’ll talk about grappling with denial, anger, guilt, despair and so much more of what you go through while trapped inside the belly of the grief beast. This interactive hour will include a number of excerpts from Parts I and II of my book with a related activity for each one. We’ll begin with Chapter 12.

### **Supporting People After a Suicide** (Bob Baugher, Ph.D)

When a loved one takes his or her life, family members are left to face a turmoil of emotions, questions, and life-altering adjustments. This workshop will address reactions and needs of family members during three periods:

- The first few days and weeks
- The first few months
- The first few years and beyond

### **Support After a Substance Use Related Death** (Glen and Tanya Lord)

In this workshop, Glen and Tanya Lord speak as parents of a son living with chaotic substance use and as leaders in peer grief support. Their work is grounded in lived experience, national leadership through the Support After a Death by Overdose project, and ongoing work through Peer Support Community Partners. The session addresses stigma and the ways it complicates and silences grief, while affirming that people who died were full human beings, not defined by substance use disorder. Designed for people grieving the loss of a child, grandchild, or sibling, the workshop creates a safe, peer-centered space to share openly, be witnessed without judgment, and reflect on what meaningful support after overdose loss can look like.

## **Second Breakout Session**

### **Ten Things You Can Do to Decrease Anxiety After Loss!** (Dr. Gloria Horsley, Heidi Horsley, Alan Pedersen)

Are you further down the road in your grief journey? If so, you may be ready to change the way you feel. This interactive workshop is for those who are ready to transform their losses and find hope, healing, and joy again. You will learn 10 tools

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and techniques for reducing anxiety and will develop skills for healing after loss. Participants have reported that they have left this workshop feeling less anxious and more energized and learned techniques that could be used anywhere.

## **Creative Writing & Grieving** (Janée J. Baugher, MFA)

**WORKSHOP DESCRIPTION:** While journal-writing is useful for some, in this class we'll write creatively. As we navigate the dark terrain of our grief, tragedies, and pain, the flow of words might very well lead to surprising moments of self-discovery. Through instruction and in-class writing exercises, this workshop will guide you to the benefits of writing creatively as you attend to your body, mind, and spirit. Your story is unique, and you deserve a safe space in which to write it. Whether your goal for attending this workshop is for fun or for catharsis, you are welcome. Bring pen, paper, and your reading glasses.

**PRESENTATION TYPE:** Hands-on, Interactive

### **KEY POINTS:**

- ☐ Enjoy generative writing in all genres.
- ☐ Discover ways to tap into your imagination.
- ☐ Learn how write-in-the-flow.
- ☐ Sharing is optional, for writing can be your private outlet.

**TOPICS:** Mental health, grief expression, meaning making, personal growth, managing grief

## **Grief is My Middle Name** (Tami Cox Martinez)

Tami will share the story of her daughter Danielle.

**This workshop will include a Suicide Loss Panel** (Moderator: Dr. Bob Baugher): Panel includes Larry Carlat, Tami Cox Martinez

## **Third Breakout Session**

### **I'm Completely Alone. What Now?** (Laura Trinkle)

The loss of your only child leaves you feeling completely alone. Even with family and friends to support you in the period following your loss, eventually you experience the "What Now" when contemplating your future. Who will want my stuff, my child's stuff; who will care for me when I'm old; will anyone remember my child when I am gone? This session will discuss some of these questions that are unique to losing your only child. We will explore options for how to manage life alone.

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## **How's Your Mother?** (Jordon Ferber) Sibling Loss

This question is one that every bereaved sibling has heard. "Oh my God, your sibling died?" Your parents must be devastated!" By assuming that our parents are the only ones who are deeply affected by the loss, the question "how's your mother" often can feel dismissive to our own feelings. This workshop will attempt to find ways to respond to these types of questions that validate what we are going through as siblings, as well as inform the askers that are hurting just as much as our parents.

## **Loss of a Young Child** (Glen and Tanya Lord)

In this workshop, Glen and Tanya Lord speak as bereaved parents who lost their son Noah at four and a half, and who understand that the death of a young child carries its own distinct and enduring realities. Together, they explore how this kind of loss can upend identity, expectations of the future, relationships, and the experience of time itself. The workshop acknowledges the isolation many parents feel, the difficulty of being around other children, the pain of milestones that never come, and the pressure to "move forward" when life no longer follows the expected order. While Glen and Tanya draw from their own lived experience, the heart of the session centers on the shared realities and voices of parents navigating this kind of loss. The session also creates a safe, peer-centered space where participants are invited, but never required, to share their own experiences and be met with understanding.

## **Fourth Breakout Session**

### **A Workshop on Love & Grief** (Bob Baugher, Ph.D)

*When we come to the last moment of this life and look back across it, the only thing that is going to matter is: What was the quality of our love?*

*-Richard Bach-*

When your child, grandchild or sibling died, your love lived on. Join us as we explore the many ways you showed your love and the ways that you continue to do so. We will discuss important love topics such as attachment and love languages. We will finish with a discussion of several questions that focus on the theme: "What am I going to do with the love I still have for my child, grandchild or sibling?"-

### **Grief Release Workshop** (Rebecca Horsley Bara)

Join this Grief Release Workshop in a safe and supportive space to explore your grief. Learn techniques for transforming your grief and releasing pent-up emotions.

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Through yoga, meditation, writing, and sound healing, we'll delve into our thoughts and feelings, finding healing and release through these creative expression techniques. This workshop offers new paths to healing and a journey forward in your grief.

## **Surviving the Loss of Multiple Children: Reclaiming Joy after the Unthinkable** (Anna Arnett)

Losing a child shatters the world. Losing more than one can make it feel impossible to return to it. In this compassionate, experiential workshop, grief educator and Grief Movement Guide Anna Arnett offers a grounded, hopeful pathway for parents navigating the devastating reality of multiple child loss—including deaths complicated by stigma, medical trauma, or strained relationships.

Raised by bereaved parents and now a mother who has survived the deaths of two of her three children, Anna brings lived experience together with professional training as a Stanford Medicine YogaX–certified yoga teacher, integrating ancient yoga philosophy, modern neuroscience, and polyvagal-informed practices. Her approach blends education, gentle movement, breathwork, mindfulness, and community connection to help grieving parents find moments of steadiness inside overwhelming pain.

This workshop acknowledges the depth of sorrow while also affirming something many grieving parents long to believe: it is possible to live a meaningful, connected, even joy-filled life after unthinkable loss. Not by forgetting, minimizing, or “moving on,” but by learning to carry love and grief together.

## **Ala Moana Beach Park Yoga** (Gabby Gouveia)

### **60-minute evening session**

This gentle beachside yoga class offers a grounding close to the day through breath-led movement and presence. Designed for all levels, the practice follows a slow, accessible vinyasa flow with simple breathwork and a brief integrated meditation to support nervous system regulation and gentle renewal.

Participants are invited to move at their own pace, listen inward, and rest as needed. No prior yoga experience is required.

Facilitated by Gabby Gouveia, RN, RYT-200, Certified Grief Educator.

Participants are encouraged to bring a yoga mat or towel and water for this outdoor session.

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## **Fifth Breakout Session** (Friday Day 2)

### **Creative Epistolary (Letter) Writing & Grief** (Janée J. Baugher, MFA)

**WORKSHOP DESCRIPTION:** In this writing class, we'll employ the epistolary structure,

whereby we'll write in letter form to people, places, or things. Through instruction and in-class writing exercises, we'll learn how to unleash the writerly flow, and we'll learn about types of letters (e.g. personal, pastoral, occasional, and polemic). While our letters can be addressed to a specific group, concept, or feeling, they don't necessarily have to be sent. The act of writing can be its own gift. Whether your goal for attending this workshop is for fun or catharsis, you are welcome. Bring pen, paper, and reading glasses.

**PRESENTATION TYPE:** Hands-on, Interactive

#### **KEY POINTS:**

- 📖 Learn about the epistolary form of writing.
- 📖 Enjoy generative writing in all genres.
- 📖 Discover ways to tap into your imagination.
- 📖 Learn how write-in-the-flow.
- 📖 Sharing is optional, for writing can be your private outlet.

**TOPICS:** Mental health, grief expression, meaning making, personal growth, managing grief

### **Loss to Fentanyl- A panel** (Carmen Guevara, Anna Arnett moderated by Steve and Stacy Parker)

Join us for this very important discussion on child loss due to Fentanyl. The parents on the panel will tell us their story and then we will open it up to discussion about the heartbreaking issues that go with this kind of loss. We will compare notes and explore ways to get through this horrific kind of loss.

### **Suddenly Alone** (Jordon Ferber) Sibling Loss

This workshop is for siblings who have become an only child quite suddenly, whether by overdose, suicide, auto accident, heart attack or any other sudden loss. The sibling relationship is supposed to be the longest of our lives, so it's not without its share of ups and downs. It is often a relationship that one can alternatively count on and take for granted. This workshop will intend to make sense of these feelings while striving to incorporate them into our lives as only children.

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## **All Levels of Yoga: Healing Through Movement** (Rebecca Horsley Bara)

Join us for an all-level yoga class designed to support you in your grief journey. This gentle practice, suitable for beginners and experienced yogis alike, will focus on mindful movement, breathwork, and meditation to help release emotional tension and foster inner peace. Through guided poses and compassionate instruction, you'll find a safe space to connect with your body, honor your feelings, and experience the healing power of yoga.

## **Sixth Breakout Session**

### **A Space in the Heart: A Survival Guide for Grieving Parents: The Beginning, Later Grief** (Larry Carlat)

This interactive hour — which will also feature excerpts and related activities from Part III of my book — will focus on accepting the reality of your loss and choosing a type of happiness that allows the light to coexist with the dark. It's about maintaining an enduring connection with your child while relearning what it means to live a full and meaningful life. It's about coming out of the other side of hell as a better and stronger person. It's the beginning — of becoming an extraordinary parent.

### **Stepparents and Grief – It's Complicated** (Roy and Barbara Davies)

This is an interactive workshop that focuses on the unique situations and feelings that stepparents face following the death of a child. Do we have the right to be grieving? People ask how my spouse is doing but seem to assume I am OK. How should I respond to that? Sometimes I feel like an imposter. How can I help my spouse when my life has been turned upside down? Does it make a difference if I am a stepmom vs. a stepdad? The discussion will cover as many different situations as time allows. Group participation is encouraged.

### **Leading After Loss** (Laura Trinkle)

Leaders who experience the loss of a child, grandchild, or sibling are often in a unique and visible position with demands that can feel overwhelming. Leading after a personal loss differs from leading through a workplace loss. This session will discuss strategies to acknowledge your grief in the workplace and explore how to "Lead by Example" when the loss is your own. It will consider how leading after loss can transform you and your organization.

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## **Sibling Loss Sucks!** (Dr. Heidi Horsley) Sibling Loss

After Heidi's 17-year-old brother Scott died, the most comforting words that anyone said to her were sibling loss sucks! Heidi has worked with and interviewed hundreds of bereaved siblings on her podcast and cable television show. They question who they are without their siblings, and they worry about their parents. In this interactive workshop, Heidi will openly discuss what helped her, after the death of her sibling, and what has helped the siblings she has worked with.

## **Seventh Breakout Session**

**Sibling Panel Workshop** (Q & A related to Sibling Loss), moderated by Dr. Heidi Horsley:

- Jordon Ferber,
- Jennifer Perez,
- Rebecca Horsley Bara

**Parent Panel Workshop** (Q & A related to Unexpected or Sudden Child Loss), moderated by Alan Pedersen:

- Laura Trinkle,
- Dr. Gloria Horsley
- Larry Carlat
- Tami Cox Martinez
- Carmen Guevara
- Anna Arnett

**Parent Panel Workshop** (Q & A related to Medical or Long-term Child Loss), moderated by Roy Davies

- Steve Parker
- Stacy Parker
- Barbara Davies
- Gabby Gouveia

## **Love Winks: Signs, Symbols, and Dreams** (Glen and Tanya Lord)

In this workshop, Glen and Tanya Lord explore the ways grieving people often experience connection after loss through signs, symbols, coincidences, moments of felt connection, and dreams, often referred to as “love winks.” Drawing from their own lived experience and years of peer grief support work, they invite participants to

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reflect on how meaning-making naturally shows up in grief, without judgment or imposed interpretation. The session creates space for curiosity, validation, and shared reflection, helping participants trust their own experiences while recognizing they are not alone in noticing moments that feel deeply personal and comforting. Rather than offering interpretations, the session honors each person's own understanding of their experiences.