

Speaking Topics

Carolyn Zahnow

Teen Depression and Substance Abuse – Learning the signs and what to do

I share what I went through with my son before he died by suicide. Much research into these topics was the foundation of my book, “Save the Teens: Preventing suicide, depression and addiction” (a package deal including the book is available)

Grief in our kids and teens

Kids and teens grieve differently after a family member or friend dies. I explain what to tell a child when a death occurs, activities to help them deal with their loss, and the differences in managing grief between kids and adults.

How to start a grief support group

Providing comfort to others who have experienced a death is comfort to the people who have also lost someone. I provide step-by-step details on how to start and run an effective support group.

Marketing your support group

You can't just open your doors and expect people to start pouring in. I provide ways to get the word out to the public and the people who need to know about your group.

Suicide in today's world

I provide my experience of loss and today's latest statistics on suicide in our country and other parts of the world as well as signs of a suicidal person and how to handle.

Pet Loss and Grief

In some parts of the U.S. there are pet hospices but lacking that, there are ways we can come to terms with the death of a beloved family pet.

Surviving the loss of a child by suicide: the story of my survival and recovery

I share my journey of recovery after the death of my son. It includes attending support groups, journaling daily, seeing a therapist, volunteering, etc. In other words, learning how to live my new life without including the future of my son.

Journaling through grief

Journaling is an excellent form of recovery and self-discovery. I share what I journaled about after my son's death and how it helps me today. (Journals can be provided as well as pens.) Practice sessions are suggested while in attendance.

Self-publishing a non-fiction book

In order to publish a great, sound book, there are steps not to be skipped. It's not cheap to self-publish but if you have a topic that you know the world needs to know about, don't let the publishing world stop you!

Starting a non-profit on a wing and prayer

I started my non-profit with the firm belief that it was needed in our community. It's been two plus years and we are still growing. I share the steps that I took to bring the Shore Grief Center to fruition.

How to save yourself after a traumatic loss

Suffering from PTSD is just one side effect of witnessing a traumatic event or death. How to tell if you experienced PTSD and if you still do. How to recover will also be shared.

Supporting troubled adolescents

I share the things my husband and I were taught at our son's outpatient substance abuse therapy sessions as well as from readings that I happened upon in my research for my book after his death. Creating specific lists of what's expected from your teen helps both you and her.

NOTE – copies of either book "Save the Teens: Preventing suicide, depression and addiction" and/or "Beautiful Disasters – A Family's Journey through Teen Depression" can be included at your event. Your company's logo can also be inserted. Contact Carolyn for additional information.

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