| Conference Registration |
|---|
| Fee: ☐ Registration prior to Jan 23 \$45/all day (includes lunch) ☐ Registration Jan 23 and after \$55/all day (includes lunch) |
| Name: |
| Address: |
| City/State/Zip: |
| Phone: |
| Session selection: Indicate your 1st & 2nd choice with a number 1 or 2 for each concurrer session: |
| 9:00-10:00am |
| 1A 1B 1C 1D |
| 10:15-11:15am |
| 2A2B2C2D |
| 12:45-1:45pm |
| 3A 3B 3C 3D |
| Method of Payment: (circle one) Cash Check Visa Mastercard Amount: \$ |
| Name on card: |
| Card # |
| Expiration:/ CVV code: |
| Billing zip code: |
| (You may also call in your registration with credit card payment |
| Please return this form with your payment to: |

Hinds Hospice Center for Grief & Healing

2490 W. Shaw Ave. Ste. 101

Fresno, CA 93711

Hope for the Grieving Heart is made possible by presenting sponsor

Delta Care Rx

and supporting sponsors.











For more information about Hope for the Grieving Heart, please contact the Hinds Hospice Center for Grief and Healing at (559) 248-8579

Hinds Hospice complies with all Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

The Hinds Hospice Center for Grief and Healing presents

Hope for the Grieving Heart

A conference offering support for those grieving the death of a loved one.

Saturday, February 23, 2019 8:00am-3:30pm Northpark Community Church

2297 E. Shepherd Avenue Fresno, CA 93720



Agenda

8:00 - 8:30 Registration

8:30 - 8:45 Welcome

9:00 - 10:00 Concurrent Sessions

(please select one)

- 1A A Labyrinth Journey: Paths For Your Grieving Heart
- 1B Understanding Your Grieving Heart
- 1C Spirituality in Grief
- 1D Healing Your Heart Through Art

10:15 - 11:15 Concurrent Sessions

(please select one)

- 2A Healing Your Heart Through Art
- 2B How to Nurture Your Grieving Heart
- 2C Anxiety & Trauma in Grief: One Day at a Time
- 2D Supporting Little Hearts

11:30 - 12:45 Lunch provided by Luna's Restaurant

12:45 - 1:45 Concurrent Sessions

(please select one)

- 3A A Labyrinth Journey: Paths For Your Grieving Heart
- 3B Write For Your Grieving Heart
- 3C Anxiety & Trauma in Grief: One Day at a Time
- 3D Survivors of Suicide Loss

2:00 - 3:00 Panel Presentation: A panel of bereaved individuals share their experiences after different types of losses.

- Duen-

3:00 Closing Remarks

Additional Information

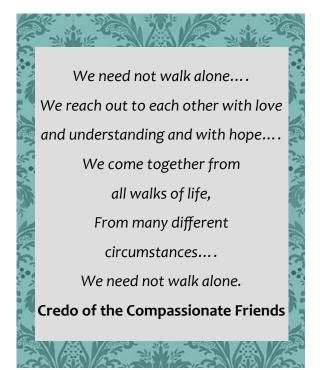
Northpark Community Church 2297 E. Shepherd Ave. Fresno, CA 93720 (Between Chestnut and Maple)

Early registration is recommended as seating is limited.

Limited scholarships available.

For more information call (559) 248-8579





www.hindshospice.org www.facebook.com/hindshospice



Session Descriptions

- **Healing Your Heart Through Art:** A hands-on session of expressive art techniques focusing on feelings related to your grief journey. *Connie Pulmano, MA*
- **Understand Your Grieving Heart:** An educational session providing information about grief's unique challenges. *Kathy Cromwell, LCSW*
- A Labyrinth Journey: Paths For Your Grieving Heart: Learn about and experience a labyrinth. Grief is sometimes called a journey, and putting one foot in front of another on a labyrinth can help us reflect on our lives today and renew our spirits for tomorrow. MaryAnn Jones, LCSW
- **Survivors of Suicide Loss:** An exploration of the unique grief experience related to suicide loss, and the factors that complicate our grief. Brandy Lidbeck, LMFT
- **Spirituality In Grief:** An opportunity to explore our spiritual journey through grief, including the questions that often arise as we try to process our grief from a spiritual perspective.

 Ruth Clayton, M. Div
- Write For Your Grieving Heart: For new and veteran writers after a loved one's death, writing can be a "tool" to heal the grieving heart. We will 1)write; 2) read excerpts from writers about their grief; and 3) identify your "audience." Larry Patten, M.Div
- **Supporting Little Hearts:** A session providing education and information on supporting children in grief. Stephanie Doss, LCSW
- How to Nurture Your Grieving Heart: A session focusing on self-nurturing activities to care for yourself in grief. Candice Wilkins, BSW
- Anxiety & Trauma in Grief: One Day at a Time The brain is designed to protect us. When trauma and the unfathomable come the brain chemicals hit hard. Learning how to work with those chemicals can reduce anxiety and post traumatic stress responses that can influence every moment of our lives. Life will never be the same, but to be friends with the brain in trauma can be helpful. Karen Wood, LCSW