

## 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 concurrent session:

**9:00-10:00am**

1A \_\_\_ 1B \_\_\_ 1C \_\_\_ 1D \_\_\_

**10:15-11:15am**

2A \_\_\_ 2B \_\_\_ 2C \_\_\_ 2D \_\_\_

**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

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Community Church



*Hinds Hospice*  
Center for Grief & Healing



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

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## 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.**

**3:00 Closing Remarks**

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## 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

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*We need not walk alone...*

*We reach out to each other with love*

*and understanding and with hope....*

*We come together from*

*all walks of life,*

*From many different*

*circumstances....*

*We need not walk alone.*

**Credo of the Compassionate Friends**

[www.hindshospice.org](http://www.hindshospice.org)

[www.facebook.com/hindshospice](https://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*