

Opening Event: Thursday evening 7:00 – 8:30

Lori Ives-Baine and Natalie Proulx - Actions Speak Louder than Words- Self And Other Care

This plenary workshop will help participants try out a variety of self-care techniques that can be useful for expressing and reflecting on grief along with considering use for those they serve. As Dr. Carson correctly points out, creativity is not limited to artists or writers. She argues "We are all creative. Creativity is the hallmark human capacity that has allowed us to survive thus far." Viewed in that way, exercising our creativity in response to mourning makes sense. Your creative brain offers much in the way of guidance for doing just that. (Nowinski, J. 2011, Huffpost.com)

We will provide participants time and space to interact with several spaces where they can work with the products supplied to facilitate creative expression in grief.

There will be 5 different stations with a variety of active opportunities where participants can take as long/short an amount of time to create. Instructions will also be available for you to use in working with those you serve.

Intensive Training Day: Friday 9:00am – 4:30pm

Navigating the Silver Tsunami: Growing, Loving, and Caring in the Midst of an Aging Population

We are so glad we can learn with our long-time colleague, Dr. Darcy Harris- Darcy is planning on helping us to best understand the work involved in being part of caregiving in the SILVER TSUNAMI.

At the end of the day, participants will be able to:

1. Describe the changing context of aging in Canada and its impact on the health care system
2. Articulate the concerns and losses that occur with aging, as well as how our seniors can navigate the health care system
3. Define the challenges and benefits of parenting our parents, including relationships, responsibilities, caregiver burden and financial issues
4. Define the roles and responsibilities of professional caregivers who are involved with elder care.

In each segment, there will be various case study presentations, interactive exercises and discussions, small group work, use of video clips, and reflective writing.

Closing Plenary: Saturday afternoon 2:30 – 4:00

Rami Shami - A Different Face of Grief and Loss: Bereavement Through the Lens of Multiculturalism

Southern Ontario is the most diversely populated geography in the world. With that there are exceptional variances in how our communities navigate the journey of death, dying, grief and bereavement. In addition, we are in a unique setting whereby an intergenerational component serves to challenge customs, rituals and traditions that may no longer resonate with and between generations of Canadians. In this plenary we will examine the multifaceted challenges facing our service providers, and how a cultural humble approach can serve to support supporting the dynamic of range of multiculturalism. We will also reinforce the concept of personal culture in finding creative and respectful to supporting all demographics of individuals travelling the journey of grief and bereavement.

Workshop Session 1 – Saturday morning 8:45 – 10:00 am

A. Janice Goldmintz- Living without My Daughter Bryna: 26 years into my journey, what I have learned

The purpose of this presentation is to share my 26 year long experience of child loss. One goal is to shed light on the ways society sees those bereaved parents, how they are supported, and how the expectations of others impact their grief. It is also a discussion on best ways to support grieving parents. I draw on my own experience and research on child loss as reference. It is my coming through the storm and out the other side, with new insights and challenges that can help others in my shoes to know they are not alone.

Learning Outcomes

- To review the unique aspects to child loss as compared to other types of loss
- Identify how to best support someone who has lost a child, and the possible differences between family members in their grieving style
- Examine the journey taken by one parent who has experienced child loss, and take from it that life does continue, albeit different from whatever came before it, and that we can find ways to survive and thrive after child loss

B. Joan Kennedy, Natasha Manzone- Feeling, Dealing, Healing

To provide practical activities to use in children's peer support groups. The goal of these activities is to encourage the sharing of feelings, to allow children to discover the common characteristics in their grieving process and to discover the strength found in peer support.

Learning Outcomes

- Synopsis of Children's Grief - with focus on 5 – 12-year old's
- Value of peer support
- Practical activities for use in peer support groups

C. Staff Sergeant Rick Foley- Death of a Co-worker in a High Intensity Workplace.

History of the Wellness Unit; Explaining what the Wellness Unit offers our members; How we respond to incidents of death of a coworker (whether by suicide or other means)

Learning Outcomes:

- How to cope with the death of a coworker;
- Mental Health resources available to OPP members and their families;
- After a death of a coworker, the different options that have been used to support coworkers and families

Workshop Session 2 – Saturday morning 10:45 – 12:00 noon

A. Sharron Spencer- Care for the Caregiver

Caring for someone who is ill and deteriorating over time can be physically and emotionally exhausting for the caregiver. Caregiver's lives are altered and continuously adjusted to accommodate for the caregiving needs and their changing role. This often comes with guilt, resentment and grief. The caregiver role is further complicated when the dying person's personality or mood is altered due to their disease process; for example, someone with dementia.

This presentation will include information on the features of caregiving, how to identify and manage caregiver stress and provide tools for managing stress and coping with anger, guilt and grief.

Learning Outcomes

- Understanding the caregiver role and how it affects the caregiver
- How to identify personal stressors, anger, guilt and grief associated with caregiving
- Tools to help support caregivers to manage their stress

B. Susan McKenzie- Using the Psychology of Colour to help Heal Loss

This lovely presentation workshop focuses mainly on using colour as a healing tool to support us along the journey to healing loss. There will also be a sprinkling of end of life care, as loss often starts when a loved one is in palliative care.

In this presentation workshop, participants will gain an understanding of how colour affects our brains and our emotions. I will explain how the psychology of colour can be used as an extremely effective healing tool. I will share the beautiful wisdom of the Colour Mirrors System that I use as a healing tool and lastly, I will share some of the colours that can help us heal. There will be participatory exercises and opportunities to explore the Colour Mirrors System. This workshop will interest both seasoned and new practitioners, therapists and families. Colour surrounds our everyday life, free to anyone who wishes to connect to the vibrations of colour and use them in a healing way

C. Brenda Marshall- Grief in the Workplace: Support Strategies that Work!

This presentation brings together stories from across the presenter's practice with workplace grief into a series of humorous cartoons that highlight common workplace experiences and themes. A brief model for workplace support will be presented along with easy to implement steps any individual/organization can take to better support their grieving employees. Grief professionals will leave with increased knowledge of organizational realities, strategies they can share with businesses in their area and ideas on how to guide their clients to advocate for themselves when returning to work.

Learning Outcomes

- Describe three strategies an organization can implement to better support their grieving employees
- Understand and be able to communicate to others the latest research governing "normal" grief reactions and their impact on the workplace
- Recognize the "ripple" effect of one person's grief on the organization and identify ways to support the extended team

Workshop Session 3 – Saturday afternoon 1:00 – 2:15 pm

A. Mark Shelvock- Discovering Wisdom in Thanatology: The Value of Reflective Knowledge

There is a need for practical wisdom in thanatology, as without wisdom, we cannot focus on what truly matters the most. But what is wisdom, and how does wisdom relate to grief, loss, death, and change? Moreover, how does one even discover wisdom? This presentation explores these questions, and how reflective knowledge offers opportunities for hope, transcendence, meaning, and growth in times of immense suffering.

B. Marie Chabot- How Music Helps Us Let Our Grief OUT!

This presentation includes how music lets us let our grief out. It gives expression to the sadness and other emotions that we are feeling. The loss of loved ones changes us, and although the loss never goes away, if we let out in creative ways, it can help us to make peace with the loss. My presentation is about my journey, through music, of expressing the losses.

Learning Outcomes:

- Finding solace in song
- Letting out the emotion in a creative, acceptable way
- Finding the strength in the expression of art and music to move on with life after the loss of loved ones.

C. Christine Dernederlanden- Sharing a Lifetime of Stories of Surviving and Thriving through the Written Word

We all carry a unique individual story within us, but do we all know how to share that story for the betterment of future generations? This presentation will explore the value of sharing your personal journey of Surviving and Thriving through the many challenges of life we each face. Through a guided meditation with Julie Bennett B.A.Psych/SSW participants will explore their inner stories using various mediums, unlocking the characters, desires, triumphs, sorrow and the value of one's story.

Once an individual realizes the value of their story, how do they take the next step? How do they become an Author? Participants will go on a journey with an award winning Author of four books that share stories of Surviving and Thriving in the world of grief. Christine Dernederlanden C.T.S.S. and founder (2000) of Robert's Press publishing company for the first time will share how to get to market with your story. She will explore copy write, ISBN laws, a cost effective printing process along with marketing with an impact for the betterment of our community. Participants will also be offered to connect with Julie and Christine at a later date to walk the path of publishing together.

Learning Outcomes

- This training workshop is developed for volunteers, professionals and individuals who wish to share their stories within the world of bereavement through written word. Participants will be guided with various mediums to realize and explore the stories they hold within, either gained through a career in bereavement or personal experiences.
- During the workshop Visual Journaling will be explored so participant will have the tools to guide themselves into the space needed to artistically express their story from within.
- Participants will explore how to bring life to their story by becoming Authors. They will learn how to share their story and bring it to market (Copy write, ISBN) for the betterment of our future generation and our communities.