

# BON 2020- Virtual 30<sup>th</sup> Anniversary Conference October 15-30!!!

## BON Conference Agenda

Dates: October 15-30<sup>th</sup> inclusive

(7 days of amazing opportunities for Learning, Networking and Sharing)

\*\*If you sign up for the full conference, you will have access to the recordings the week after conference for 6 months- this means you will be receiving 3X the content you would have received during our regular Geneva Park conference- an amazing deal!

There are great prices for larger groups! Share the opportunities with your friends.

### Day 1 (Thursday, October 15, 2020)

0930-1000

- Opening Welcome- Susan McCoy and BON Board

1000-1200 Opening Plenary

- **Anthony Barr, Spiritual Teacher- "Healing Through Sound Frequencies"**
  - <https://sacred-sevens.com/>
- **Workshop 1 1215-1330** Andrew Vitale , Chaplain and Bereavement Coordinator
  - *"Mindfulness and Grief through a Chaplain's Eyes- impact on all kinds of experiences and losses"*
- **Workshop 2 1400-1515-** Colin Haskett, Funeral Director
  - *"The impact on the funeral transfer industry on interactions with hospitals, hospices and homes on Funeral Service Providers in the Context of COVID-19."*

### Day 2 (Friday, October 16, 2020)

1200-1315 Net working Lunch in the Zoom Rooms

- **Workshop 3 1330-1445** -Jan Shulman, Registered Massage Therapist
  - *"Yoga for grief and loss- poses, meditate*
  - *on, devotion, self reflection, selfless acts, ritual."*
- **Workshop 4 1500-1615** -Jeff Caldwell, Funeral Director
  - *"Ontario's Deathcare industry: options available with consumer protection through regulatory oversight"*
- **Workshop 5- 1900-2100- Film Watch Party \*grab your popcorn**
  - Group viewing of the film *"Speaking Grief"* with a group discussion facilitated by BON leads

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## Day 3 (Tuesday, October 20, 2020)

0930-1130- Plenary- Dr. Sherry Smith. Thanatology lecturer, King's College, Western University

- **"Understanding Suicide- Past, Present and Future Perspectives"**
  - <https://www.toronto.com/news-story/10014708-the-psychological-effects-of-coping-with-grief-during-covid-19/>
  - **Workshop 6 1200-1330** -Marny Williams-Balodis, Executive Director, Hummingbird Centre for Hope
    - *"Befriending Anger- Let's Not Be Afraid to Talk About It!"*
  - **Workshop 7 1345-1500** -Rami Shami
    - *"The continuum from cultural humility to anti-racism within grief support"*

## Day 4 (Thursday, October 22, 2020)

- **Workshop 8 1030-1145** -Christine Dernerlanden, Owner, Robert's Press Online Bookstore
  - *"Cora and The Corona- the making of a children's book to support grief and resilience in kids and families".*
- **Workshop 9 1200-1315** - Mahoganie Hines, Nurse Practitioner, Palliative Care and Symptom Management
  - *"How Do We Lead?"*
- **Workshop 10 1330-1445** -John Beaton, Paramedic
  - *"For those who serve on the front line- Rush into Danger"*

## Day 5 (Saturday, October 24 or Sunday, October 25, 2020)

**1400 or whenever you want to go on your walk** (it's gotta be 5'oclock somewhere)

- Optional nature walk wherever you are and enjoy a bevvie on your walk, while capturing photos of the environment around you.
- You can upload them to the FB or Twitter site (with you in them of course- selfie time and TAG #BON2020.
- Susan and Grant will be leading the group virtually on this walk (pre-recorded and able to be downloaded before you leave home). This is replacing our usual BON Geneva Park walk and we thought we needed to find another way to "have our walk together".



[www.bereavementontarionetwork.ca/conference/](http://www.bereavementontarionetwork.ca/conference/)

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## Day 6 (Tuesday, October 27, 2020)

- **Workshop 11 1000-1115** -Mark Richardson, Cemeterian
  - “Eternally Green”
- **Workshop 12 1130-1245** – Lori Ives-Baine, CNS, Grief Support Coordinator
  - “Support groups and other ritualization on the web- how can we do it safely, ethically and does it work???”

**1300-1345 Networking Lunch** in Zoom Rooms

**1400-1600 Closing Plenary-SarahRose Black, Music Therapist, UHN**

- **“Grief, Loss & Musical Connection: Exploring the role of music in bereavement and grief support”**
  - <https://thepmcf.ca/News-Media/Video-Galleries/Cancer-Experts-Series/Meet-The-Cancer-Experts-SarahRose-Black>

**1600-1615-** Closing Remarks

- BON Chair remarks/ Conference Cttee invitation to the fun get together and have final evaluation done

## Day 7 (Friday, October 30, 2020)

Fun evening get together online with music etc for the enjoyment of those who attend. Email [info@bereavementontarionetwork.ca](mailto:info@bereavementontarionetwork.ca) to offer up your own talents so that we can plan that evening (story telling, music, other incredible talents that you might be hiding)

PLEASE NOTE: Bereavement Ontario Network’s 2020 AGM to be arranged for a future date online.