

# Hope, Healing and Aloha: TCF Hawaii Regional Grief Conference 2022

March 18 & 19, 2022  
Ala Moana Hotel in Honolulu

Grief is the expression of LOVE for the one you lost ~ Let's HEAL together

*E Komo Mai, All are Welcome: Find comfort in sharing our common experience of loss. Seek hope and a path towards healing at our inaugural TCF Hawaii Regional Grief Conference.*



Join us for our two-day conference featuring a lineup of prominent national speakers on the subject of grief and healing. The event presents a rare opportunity for our Hawaii grief community to attend a TCF conference in our own backyard.

Workshops are available on all aspects of grief, including child and sibling loss.

Please see the reverse side of this flyer for a list of speakers and workshops.

**To register & for more conference details, including information on great hotel rates and early-bird conference discounts, visit**

**[Hawaii Grief Conference 2022](#)**

Presented by The Honolulu Chapter of The Compassionate Friends

Social Work CEUs: This program is approved by the National Association of Social Worker – Hawaii Chapter (Approval HI62792021-158) for up to 13.5 Social Work continuing education contact hour(s).

# Hope, Healing and Aloha: TCF Hawaii Regional Grief Conference 2022 Conference Speakers and Workshops

Below is a list of our conference presenters:

- Dennis Apple
- Dr. Bob Baugher
- Paul Denniston
- Jordon Ferber
- Dr. Gloria Horsley
- Barbara Hopkinson
- Dr. Heidi Horsley
- David Kessler
- Stacy Parker
- Steve Parker
- Alan Pedersen
- Paula Stephens

Here are some of the workshop topics:

- Blooming not Broken ~ How Post Traumatic Growth Shows Up in Loss
- Struggling to Reclaim my Faith
- How Do I know I am Getting Better
- Healing Guilt and Regret
- Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!
- Help! I'm Worried About My Surviving Teen / Young Adult Child
- Finding Meaning: The Sixth Stage of Grief
- Suggestions for Coping with Sudden Death
- Grief Yoga Chair Class
- Healing Aspects of Music
- Yoga by The Beach
- Ten Things You Can Do to Change Your Life
- Resilience ~ Key to Surviving Loss
- Dealing with Grief Bullies
- Grief Didn't Come with a Training Plan: Here's Yours!
- Grief as a Second Language
- Understanding Individual Differences in Grieving
- How's Your Mother

You can go to the Honolulu Chapter website to register:  
<http://compassionatefriendshawaii.org/speakers.aspx>

*Speakers and workshops are subject to change.*