

# Hope, Healing and Aloha: TCF Hawaii Regional Grief Conference 2020

March 27 & 28, 2020  
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**

<https://HawaiiGriefConference2020.eventbrite.com>

Presented by The Honolulu Chapter of The Compassionate Friends

Social Work CEUs: This activity is pending approval from the National Association of Social Workers.

# **Hope, Healing and Aloha:**

## **TCF Hawaii Regional Grief Conference 2020**

### **Conference Speakers and Workshops**

Below is a list of our conference presenters:

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

Here are some of the workshop topics:

- Struggling to Reclaim my Faith
- Supporting People after a Suicide
- Riding the Roller Coaster of Pain ~ Let me off
- Grief Yoga Chair Class
- How's Your Mother
- Healing Aspects of Music
- Resilience-The Key to Surviving Loss
- Ten Things You Can Do to Change Your Life
- Help! I'm Worried About My Surviving Teen or Young Adult Child
- Finding Meaning: The Sixth Stage of Grief
- Grief as a Second Language
- Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!
- Healing Guilt and Regret
- Grief Didn't Come with a Training Plan: Here's Yours
- What are your Healing Superpowers
- Yoga by The Beach

*Speakers and workshops are subject to change.*