

Stacy Parker

Bio:

Stacy Parker is the author of her first book, “Grief as a Second Language.” It is a guidebook to surviving the loss of a loved one. She got involved with The Compassionate Friends after her first daughter, Alyssa died at age two from complications of Alagille Syndrome. She and her husband, Steve began facilitating their local TCF chapter after they attended it for five years. They also co-chaired the TCF National Conference in Hollywood, California in 2004, and they were on the planning committee for the Costa Mesa National Conference in 2012. Since the death of their daughter, Stacy has volunteered for many organizations to help support people after they lose a loved one.

“Grief as a Second Language.”

When we lose a loved one, we are thrown into a world of grief. Grief is like learning a new language or going to a new country. Everything feels different. People act differently and they even speak differently. Grief is like learning a new language. In this workshop we explore ways to navigate through this new “language.” We will discuss ways to understand the same language as your friends and family, ways to talk to your friends so they understand what you need from them, how to handle the feelings that come up and how to name them, and general ways to support yourself during this difficult time.