

HAWAII REGIONAL GRIEF CONFERENCE 2020

TENATIVE PROGRAM

“Grief is the Expression of Love for the one you Lost ~~ Let’s Heal Together”

Day 1: March 27, 2020

7:30 a.m. to 8:30 a.m.	Registration and sign in for CEUs Refreshments: Coffee, water
8:30 a.m.	Opening- Honolulu TCF Chapter welcome: Laura Trinkle Oli-Hawaiian Blessing Introduce Alan Pedersen as conference emcee (Song and process of breakout rooms, etc.)
9:30 a.m. to 10:45 a.m.	First Breakout Session Hibiscus Ballroom: Alan Pedersen: “Healing Guilt and Regret” Garden Lanai: Bob Baugher: “Supporting People After a Suicide.” Carnation Room: Steve Parker: “Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!”
11:00 a.m. to 1:00 p.m.	Lunch on Own
1:00 p.m. to 2:15 p.m.	Hibiscus Ballroom Presentation: David Kessler: “Finding Meaning: The Sixth Stage of Grief”
2:30 p.m. to 3:45 p.m.	2nd Breakout Session Hibiscus Ballroom: Paula Stephens: “Grief Didn’t Come with a Training Plan - Here’s Yours!” Garden Lanai: Dennis Apple: “Struggling to Reclaim my Faith” Carnation Room: Gloria and Heidi Horsley: “Help! I’m worried About my Surviving Teen or Young Adult Child.”
4:00 p.m. to 4:30 p.m.	1 st Day Closing: Alan Pedersen (Song), (Announce: Beach Yoga, meet in lobby at 5:15 p.m.)
5:15 p.m.	Yoga by the beach with Paula Stephens

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Day 2: March 28, 2020

7:30 a.m. to 8:00 a.m.	Sign in for CEUs
8:00 a.m. to 9:15 a.m.	3rd Breakout Session Hibiscus Ballroom: Dr. Gloria and Dr. Heidi Horsley: "Ten Things You Can Do to Change your Life!" Garden Lanai: Paula Stephens: "What Are Your Healing Superpowers?" Carnation Room: Stacy Parker: "Grief as a Second Language."
9:30 a.m. to 10:15 a.m.	4th Breakout Session Hibiscus Ballroom: Barbara Hopkinson: "The Key to Surviving Loss" Garden Lanai: Paul Denniston: "Grief Yoga Chair Class" Carnation Room: Bob Baugher: "Riding the Roller Coaster of Pain - Let Me Off!"
10:30 a.m. to 11:45 a.m.	5th Breakout Session Hibiscus Ballroom: Parent and Sibling Panel (Possible Panel: Steve and Stacy Parker, Paula Stephens, Dr. Heidi Horsley, Dr. Gloria Horsley, David Kessler, Jordon Ferber) Garden Lanai: Alan Pedersen and Denise Ganulin: "Healing Aspect of Music" Carnation Room: TBD
12:00 p.m. to 2:00 p.m.	Lunch (Key Note Speaker: Jordon Ferber: "How's Your Mother?" Alan Pedersen (Candle Lighting, Songs, Closing)