

## Tentative Program for Regional Conference

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

### **Day 1: March 27, 2020**

7:30 am to 8:30	Registration and sign in for CEUs (Refreshments: Coffee, water)
8:30 am	Opening- Our Chapters Parents, Grandparents, Siblings on stage to welcome everyone for coming to our first TCF Regional Conference.  Oli-Hawaiian Blessing  Introduce Alan Pederson (Song and process of breakout rooms, etc.)
9:30 am to 10:45 am	First Breakout Session  Large Room: Alan Pederson: “Healing Guilt and Regret”  Medium Room: Bob Baugher: “Supporting People After a Suicide.”  Small Room: Steve Parker: Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!”
11:00 am to 1:00 pm	Lunch on Own
1:00 pm to 2:15 pm	2 <sup>nd</sup> Breakout Session  Large Room: Dr. Gloria and Dr. Heidi Horsley: “Ten Things You Can Do to Change your Life!”  Medium Room: Paula Stephens: “The Grief Didn’t Come with a Training plan~ Here’s Yours!”  Small Room: Stacy Parker: “Grief as a Second Language.”
2:30 pm to 3:45 pm	3 <sup>rd</sup> Breakout Session:  Large Room: Paula Stephen: “What Are Your Healing Superpowers?”  Medium Room: Barbara Allen (tentative): “Beyond Losing a Loved One to a Substance Related Cause.”  Or Bob Baugher: “Riding the Roller Coaster of Pain~ Let me Off!”  Small Room: Jordan Ferber, “How’s Your Mother.” (sibling) or have Bob Baugher speak in small room instead of Jordan if Barbara Allen comes.
4:00 pm to 4:30 pm	Closing
<b>5:15 pm</b>	Yoga by the beach (walk two blocks down) Paula Stephens

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### Day 2: March 28, 2020

7:30 to 8:00 am	Registration and sign in for CEUs
8:00 to 9:15 am	4 <sup>th</sup> Breakout Session Large Room: TBD Medium Room: TBD Small Room: TBD
9:30 to 10:15 am	5 <sup>th</sup> Breakout Session Large Room: TBD Medium Room: TBD Small Room: TBD
10:30 to 11:45 am	6 <sup>th</sup> Breakout Session Large Room: Parent Panel (Alan Pederson, Steve and Stacy Parker, Paula Stephens, Gloria Horsley) Medium Room: Heidi and Jordan (sibling panel) Small Room: TBD
12:00 pm to 2:00 pm	Lunch (Key Note Speaker: Jordon Ferber), Alan Pederson (Candle Lighting, Songs, Closing)