

TCF Hawaii Regional Grief Conference 2021 Program

“Grief is an Expression of Love for the one you Lost”

“Let’s Heal Together”

Wednesday: January 20, 2021

3:00 pm to 7:00 pm ***Early Registration*** (Location to be Determined)

Thursday: January 21, 2021

6:45 to 8:00 am ***Registration*** (In front of the Hibiscus Ballroom I)

Sign in for CEUs

(Refreshments: Coffee, Tea, water)

8:00 to 9:00 am ***Opening Presentation-***

Hibiscus Ballroom I: Honolulu TCF Chapter welcome: Laura Trinkle

Oli-Hawaiian Blessing Hula – Kumu Hula Leimomi I-Maldonado (Aunty Lei) and Halau Ka Hale I O Kahala

Alan Pedersen

9:10 to 10:25 am ***1st Breakout Session***

Hibiscus Ballroom I: Paula Stephens: ***“Grief Didn’t Come with a Training Plan--Here’s Yours!”***

Carnation Room: Dr. Gloria and Dr. Heidi Horsley: ***“Help! I’m worried About my Surviving Teen or Young Adult Child.”*** (Parent and Sibling)

Ilimā: Dr. Bob Baugher: ***“Supporting People After a Suicide.”***

10:40 to 11:55 pm ***2nd Breakout Session:***

Hibiscus Ballroom I: Alan Pedersen: ***“Healing Guilt and Regret”***

Carnation Room: Dennis Apple: ***“Struggling to Reclaim my Faith”***

Ilimā: Steve Parker: ***“Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!”***

11:55 to 1:45 pm ***Lunch on your own***

1:45 to 3:00 pm ***Keynote Presentation***

Hibiscus Ballroom I: Presentation: ***Keynote Speaker***, David Kessler: ***“Finding Meaning: The Sixth Stage of Grief”***

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3:15 to 4:30 pm

3rd Breakout Session

Hibiscus Ballroom I: Barbara Allen: ***“Beyond Losing a Loved One to Substance Related Cause”***

Carnation Room: Alan Pedersen: ***“Healing Aspects of Music.”***

Ilima: Dr. Bob Baugher: ***“Riding the Roller Coaster of Pain, Let me Off!”***

4:30 to 5:00 pm

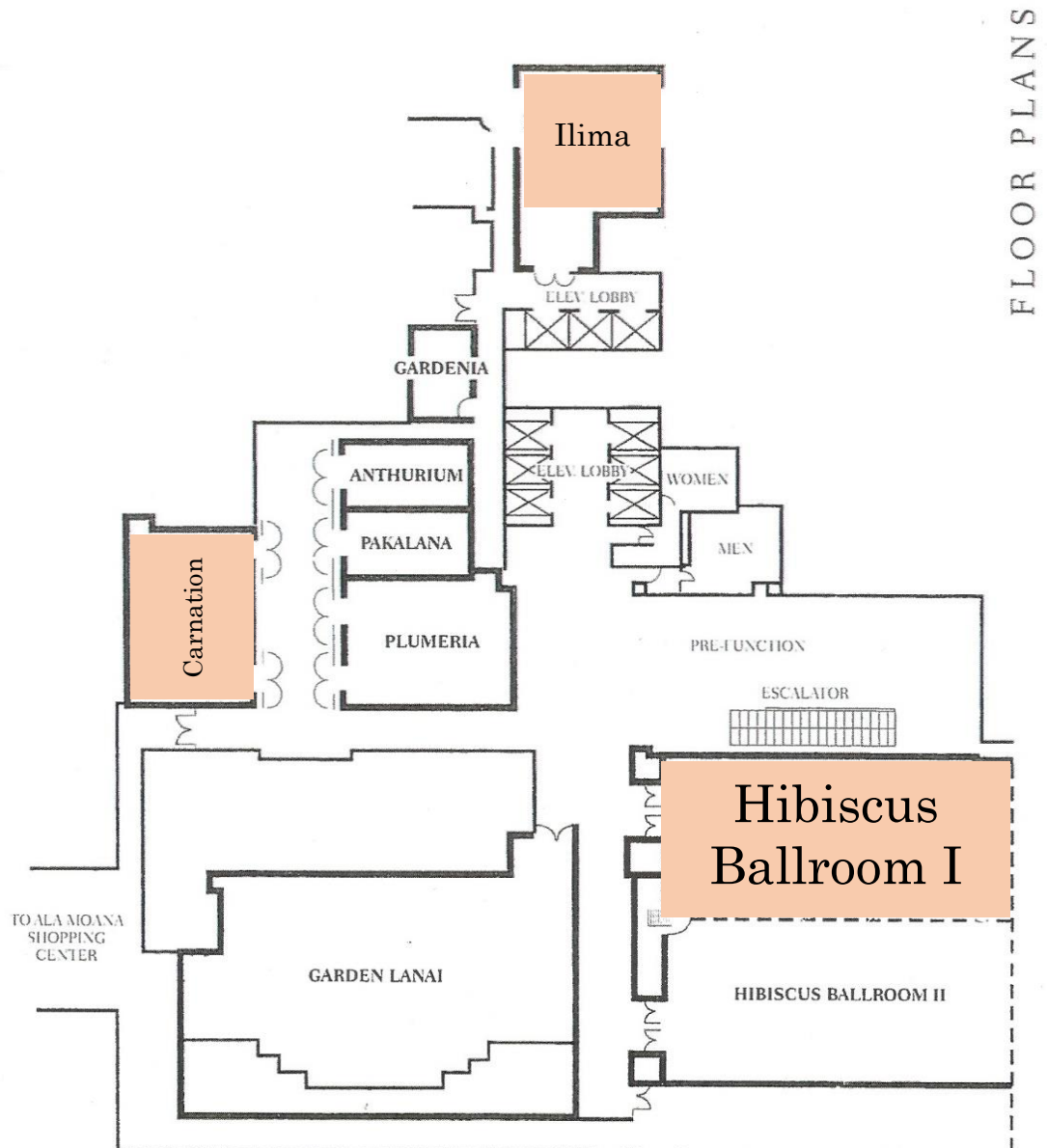
Meet and Greet/Raffle Ticket Drawing

Hibiscus Ballroom I

5:30 pm

Yoga by the beach

Ala Moana Beach Park Optional (walk two blocks down) Paula Stephens



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Friday: January 22, 2021

- 6:00 am ***TCF Fun Run/Walk***
Magic Island (Meet in front of Hibiscus Ballroom I)
- 7:30 to 8:00 am ***Registration***
Sign in for CEUs
- 8:00 to 9:15 am ***4th Breakout Session***
Hibiscus Ballroom I: Dr. Gloria and Dr. Heidi Horsley: ***“Ten Things You Can Do to Change your Life!”***
Carnation Room: Barbara Hopkinson: ***“Resilience after Multiple Losses”***
Ilima: Stacy Parker: ***“Grief as a Second Language.”***
- 9:25 to 10:45 am ***5th Breakout Session***
Hibiscus Ballroom I: Paula Stephens: ***“Blooming Not Broken – How Post Traumatic Growth Shows up in Loss”***
Carnation Room: Barbara Allen: ***“Advocacy: Creating Change After Loss to Substance Related Cause”***
Ilima: Paul Denniston: ***“Grief Yoga”***
- 11:00 to 11:50 pm ***6th Breakout Session***
Hibiscus Ballroom I: ***Parent Panel***
Carnation Room: ***Sibling Panel***
Ilima: ***Q & A, Book Sales***
- 12:00 to 12:30 pm ***Luncheon*** (Please Bring your lunch wrist band)
Hibiscus Ballroom I: Lunch, Slide Show with Hawaiian Music
- 12:30 to 2:00 pm ***Keynote, Candle-Lighting, Closing***
Hibiscus Ballroom I: Keynote Speaker: Jordon Ferber: ***“How’s Your Mother?”***
MC Alan Pederson, Alan Pedersen (Candle Lighting, Songs, Closing acknowledgement and slide show again)

The above schedule is subject to change should any unforeseen circumstances make it necessary to alter the schedule. Contact Terry Kaniaupio – (808)222-2729 if you have any questions.