





# 2018 Central Family Forum – Program at a Glance\*\*

| Friday September 28th   | Saturday September 29th   | Sunday September 30th  |  |   |  |   |   |
|---|---|--|--|---|--|---|---|
| <br>                                 | <b>Breakfast</b> (Room 41)<br>7:30-8:30 a.m.  | <b>Breakfast</b> (Room 41) 7:30-8:30 a.m.<br>Please check out of your room.  |  |   |  |   |   |
|   | 8:45-9:30 a.m. <b>Welcome:</b> Jackie Manuel, <i>Board Member</i><br>(Room 41) <b>Keynote Presentation:</b> Wally Power, <i>Family Member</i>   | 9:00-12:00 noon <b>Workshops</b> (4)<br>10:30-10:45 a.m. <b>Coffee Break</b> (Beverage Station)  |  |   |  |   |   |
|   | 9:30-9:45 a.m. <b>Coffee break</b> (Beverage Station)   | 9:45-12:15 p.m. <b>Workshops</b> (5)   |  |   |  |   |   |
|   | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; background-color: #e1f5fe;"> <b>Masks of Grief &amp; Loss</b><br/> <i>Shirley Hickman</i><br/>                     (Room 19)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Walk with Me – for Bereaved Parents</b><br/> <i>Joe &amp; Judy Micelli</i><br/>                     (Room 8)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Blank Page</b><br/> <i>Sarah Wheelan</i><br/>                     (Room 43)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Widows Moving Forward &amp; Society's Expectations</b><br/> <i>Audrey Stringer</i><br/>                     (Room 18)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Redefining Meaning</b><br/> <i>Karen Simmonds</i><br/>                     (Room 9)                 </td> </tr> </table>                         | <b>Masks of Grief &amp; Loss</b><br><i>Shirley Hickman</i><br>(Room 19)  | <b>Walk with Me – for Bereaved Parents</b><br><i>Joe &amp; Judy Micelli</i><br>(Room 8)          | <b>Blank Page</b><br><i>Sarah Wheelan</i><br>(Room 43)                                  | <b>Widows Moving Forward &amp; Society's Expectations</b><br><i>Audrey Stringer</i><br>(Room 18) | <b>Redefining Meaning</b><br><i>Karen Simmonds</i><br>(Room 9)                          | <b>Grief...The Untold Story</b><br><i>Karen Simmonds</i><br>(Room 9)              |
| <b>Masks of Grief &amp; Loss</b><br><i>Shirley Hickman</i><br>(Room 19)   | <b>Walk with Me – for Bereaved Parents</b><br><i>Joe &amp; Judy Micelli</i><br>(Room 8)   | <b>Blank Page</b><br><i>Sarah Wheelan</i><br>(Room 43)   | <b>Widows Moving Forward &amp; Society's Expectations</b><br><i>Audrey Stringer</i><br>(Room 18) | <b>Redefining Meaning</b><br><i>Karen Simmonds</i><br>(Room 9)                          |  |   |   |
|   |   | <b>H.O.P.E – Hold On Pain Ends</b><br><i>Audrey Stringer</i> (Room 18)   |  |   |  |   |   |
|   |   | <b>Taking Care of You, One Step at a Time</b><br><i>Barbara Collins</i> (Room 40)  |  |   |  |   |   |
|   |   | <b>Yoga Flow, Mindfulness and Self Care</b><br><i>Morgan Story</i> (Room 19)   |  |   |  |   |   |
|   | 12:15 – 1:15 p.m. <b>Networking lunch</b> (Room 41)   | 12:00–1:00 p.m. <b>Closing Lunch</b> (Room 41)   |  |   |  |   |   |
| 3:00-5:00 p.m.<br><br><b>Room Check-in</b> at Front Desk<br><br><b>Forum Registration</b> at Front Lobby  | 1:15-4:30 p.m. <b>Workshops</b> (5)   | <br><i>Association for Workplace Tragedy Family Support</i><br><br> |  |   |  |   |   |
|   | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; background-color: #e1f5fe;"> <b>Grief and Addiction from a Family Perspective</b><br/> <i>Karen Simmonds</i><br/>                     (Room 9)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Embracing Change</b><br/> <i>Audrey Stringer</i><br/>                     (Room 18)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Men &amp; Loss – Men's Only Club</b><br/> <i>Jim Sandford</i><br/>                     (Room 43)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Navigating the Complications of Grief</b><br/> <i>Karen Lapierre Pitts</i><br/>                     (Room 8)                 </td> <td style="width: 15%; background-color: #e1f5fe;"> <b>Using Art to Tend Your Broken Heart</b><br/> <i>Barbara Collins</i><br/>                     (Room 19)                 </td> </tr> </table> |  | <b>Grief and Addiction from a Family Perspective</b><br><i>Karen Simmonds</i><br>(Room 9)        | <b>Embracing Change</b><br><i>Audrey Stringer</i><br>(Room 18)                          | <b>Men &amp; Loss – Men's Only Club</b><br><i>Jim Sandford</i><br>(Room 43)                      | <b>Navigating the Complications of Grief</b><br><i>Karen Lapierre Pitts</i><br>(Room 8) | <b>Using Art to Tend Your Broken Heart</b><br><i>Barbara Collins</i><br>(Room 19) |
| <b>Grief and Addiction from a Family Perspective</b><br><i>Karen Simmonds</i><br>(Room 9)   | <b>Embracing Change</b><br><i>Audrey Stringer</i><br>(Room 18)  |  | <b>Men &amp; Loss – Men's Only Club</b><br><i>Jim Sandford</i><br>(Room 43)                      | <b>Navigating the Complications of Grief</b><br><i>Karen Lapierre Pitts</i><br>(Room 8) | <b>Using Art to Tend Your Broken Heart</b><br><i>Barbara Collins</i><br>(Room 19)                |   |   |
|   | 2:45-3:00 p.m. <b>Coffee Break</b>  |  |  |   |  |   |   |
|   | 4:30 – 6:00 p.m. <b>Free Time</b>   |  |  |   |  |   |   |
| <br><br>5:45 p.m. <b>Welcome</b> (Room 41)<br>6:00 p.m. <b>Dinner</b> to be followed by <b>Reflections Ceremony</b> | 6:00 p.m. <b>Reception</b> (Cash Bar)<br>6:30 p.m. <b>Dinner</b> (Room 41)<br><b>Volunteer Recognition &amp; Opportunities</b> (Room 41)  | **Program subject to change.   |  |   |  |   |   |