



Association for Workplace Tragedy Family Support

# 2019 Atlantic Family Forum

## Session Selection Form

Please check-off (X) the sessions you plan to attend while at the Atlantic Family Forum. Be sure to check off only one session for each time period. Families may want to consider taking *different sessions from one another* so that you are *each able to share your story* from your own perspective.

Please use **one sheet for each person** and return by e-mail to [kelley@threadsoflife.ca](mailto:kelley@threadsoflife.ca) or fax to 519-685-1104 by May 17th. This will assist us greatly in our planning. Thank you in advance for your assistance!

Participant name: \_\_\_\_\_

### Saturday, June 1

#### **Morning Sessions 9:45 – 12:15 p.m.**

- Masks of Grief & Loss (Facilitator: Karen Lapierre Pitts) \*recommended for first time participants

*In this session you'll understand how we wear various masks to get through our daily lives and what we can do to safely take off those masks to deal with our journey. Whether your situation involves the loss of life, a traumatic injury or occupational disease, you will benefit from the insights gained in this session. Everyone will have a short period of time to share with the other participants a piece of your family story and what brought you here. This session will help you develop a connection to other family members attending the family forum and give you a more meaningful experience.*

**Please note:** *this workshop is recommended for family members attending their first family forum. Family members are highly encouraged to attend different sessions so that each is able to share their own story. The session will be limited to a maximum of 14 participants.*

- Families Living with a Life-Altering Injury or Occupational Disease (Facilitator: Donna Green)

*Life altering injury or illness can have a profound effect on the individual involved. From there it effects this individual's family and friends both directly and indirectly. In this session we will discuss and share the struggles experienced as the injured or ill person tries to define the "new" person they have become. And therefore affecting all those in their life. Defining the depth of the losses can be overwhelming and seem unsurmountable. Establishing a strong network of support for yourself and family is important. We will reflect on the challenges that can threaten a family during this loss and instability, the changing roles within the family, and the impact this can have on a family. You will be encouraged to share and support each other during this session. We won't solve all the problems but it is nice to be together with people who really "get it". If you feel that you need more support feel free to speak to any Threads of Life volunteer during this weekend.*

- Embracing Change (Facilitator: Audrey Stringer)

*Most transitions begin with a story of losses, loss of role, loss of a person, a place and a sense where you fit in the world. We will never be able to stop change from happening to us but learn how to stop fighting change. With a positive attitude we can tap into our inner resources, as we go through critical life events and emerge with strength, health and happiness forever changed.*

- Widows Moving Forward & Society's Expectations (Facilitators: Marilyn D'Entremont)

*The death of someone we love can result in overwhelming grief that is difficult to cope with. It can hurt Emotionally, Spiritually, and Physically. At times, you may even wonder if you will ever be able to live life to the fullest again? To top of all those feelings, society sometimes has unrealistic expectations of actually 'how long' it should take us before we return to our 'former life'. Like broken bones, our Broken Hearts need time to Heal... I will help guide you through these 'Broken Times'. I will offer a safe nonjudgmental setting where we will be sharing our wisdom .. a few tears .. and maybe even laughter. Looking forward to getting to know your Hearts xo*

## **Afternoon Sessions 1:15 to 4:30 pm**

- Blossoming Emotions – Paint to Sculpture (Facilitator: Miro Davis)

*Give yourself the gift of time and space to release inside your unconsciousness while opening up your emotional journey through painting - colour, texture and form. A canvas awaits your spirit, let go creatively while transforming your painting into a beautiful sculpted flower of healing.*

*\* Please register for your spot as our limit is 12 participants*

### **Concurrent Workshops**

1:15 – 2:45 p.m.

- Workshop Listening to Children and Loss (fatalities, life altering injuries and occupational disease) (Facilitator: Audrey Stringer)

*Children are afraid of what they don't know—not what they know. Children are more resilient than we adults realize. Adults tend to protect children from the harsh reality of life losses. But essentially only protecting ourselves not the child. In this workshop, participants will take away tips and strategies to be more open and honest with your child and communicate at age level of child and family dynamics.*

- The Long and Short of Sharing your Story (Facilitator: Emma Morris)

*One of the beliefs of Threads of Life is that sharing your story helps you heal. It also helps change culture. In this workshop, participants will learn to identify the purpose of sharing their story in different ways.*

### **Concurrent Workshops**

3:00 – 4:30 p.m.

- Mental Health - (Facilitator: Audrey Stringer)

*Mental health is an important part of our physical health and well-being. When going through loss, occupational disease or life-altering injury, it is important to be mindful to build resilience to help you cope and deal with trauma. In this workshop, you will learn techniques and strategies to assist you with daily stressors and the importance of nurturing and maintaining a positive attitude, despite the pain of loss.*

- Milestones (Facilitator: Sharon Freeman)

*Milestones in life, both positive and negative, help us grow and change who we are as a person in significant ways. However when you have had a loved one die, special holidays and previously looked forward to events can unleash fresh waves of grief. Those rites of passage and long-held traditions make you wish for things you can't have – that the one you love could be with you to celebrate. Join us for this interactive session to talk about our loved ones and strategies to recognize and honour their continued presence in our lives.*

## **Sunday, June 2nd**

### **Morning Sessions 9:00 to noon**

- Men and Loss (Men's Only Club) (Facilitator: Bill Stunt)

*Men have their own creative and unique ways of supporting others in their experience of grief and loss. However, men will often say that it is difficult to find the opportunity, time or space, where they can truly talk with other men about their loss. In this session, participants will have the opportunity in a safe, non-judgmental place to share stories, describe challenges and share ideas for getting through tough times. Together we can support each other, offer hope, and explore strategies that can contribute to a brighter future.*

- Shrines of Healing – Copper Metalwork (Facilitator: Miro Davis)

*Milagros are folk charms that are traditionally used for healing purposes in many Latin cultures; the word Milagros means Miracles, offering blessings of hope. Milagros are frequently attached to altars, shrines, and sacred places. Enjoy the art of metalworking as we emboss copper Milagros, transforming the need for healing in your life into your shrine of hope.*

*\* Please register for your spot as our limit is 12 participants*

□ Self Care (Facilitator: Emma Morris)

*This interactive workshop will offer participants a space to explore the physical, mental, and emotional effects of grief; share self-care strategies with one another; and explore effective self-care tools. No matter where we are in our grief journey, self-care can play an important role. Whether you've never heard of self-care before, or it's a part of your daily routines, come explore what it means to take care of yourself.*

□ Listen From Your Heart Not Your Ears (Facilitators: Shirley Hickman, Karen Lapierre Pitts, Kelley Thompson)

*We have intimate wisdom to improve our most important relationships and make genuine connections with people through the art of listening. By avoiding letting anger, anxiety, and fear of being hurt impede our ability to listen, we can transform what is inside our heart and within the space around us.*