



Prairie-Western Family Forum

September 27 - 29, 2019

Delta South Conference Centre, Edmonton, Alberta

Association for Workplace Tragedy Family Support

Program as of September 1, 2019. Program subject to change

Day 1 – Friday September 27th

3:00–5:00 pm

Room Check-in – Front Desk

Forum Registration – Front Lobby

5:45 pm

Welcome Dinner – Imperial Room

MC: Katie Giesbrecht, Family Member, Threads of Life

Guest Speakers: Jody Young, Assistant Deputy Minister, Gov of Alberta, Labour & Immigration; and Marcella Matthew, Vice President Millard Health & Special Care Services, WCB Alberta

7:45 pm

Reflections Ceremony: Honouring our Families - Past and Present

Imperial Room

Day 2 – Saturday September 28th

7:30-8:30 am

Breakfast Buffet - Edmonton/Calgary Room

8:45 am

Opening Session: Welcome - Edmonton/Calgary Room

MC: Katie Giesbrecht, Family Member, Threads of Life

9:00-9:30 am

Keynote Speaker: The View from Here - Edmonton/Calgary Room

Karen Lapierre Pitts, Family Member, Family Support Manager, Threads of Life



In a matter of minutes, your life can change forever. Karen’s family experienced an unexpected loss that will last a lifetime. How do you move ahead when faced with adversity and heartache? Karen and her family have found a way to forge ahead in memory of their family member and in the name of prevention.

The 2019 Prairie-Western Family Forum has been generously supported by:



Day 2 – Saturday September 28th

9:30 - 9:45 am

Coffee Break - Lethbridge Room

Workshops

9:45 am -12:15 pm

Masks of Grief and Loss - Fort McMurray Room

Karen Lapierre Pitts, Family Support Manager, Threads of Life

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.

You'll 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 highly recommended for family members attending their first family forum. **The session will be limited to a maximum of 12 participants.**

Embracing Spirituality in Times of Crisis and Change - Medicine Hat Room

Darrin Parkin, Spiritual Care & Humanist Chaplain, Palliative Care

"What do we mean when we say we are spiritual or have a spirituality? Is there a difference between Spirituality and Religion?"

Spirituality is as old as the human species and can help us through times of crisis. In this session, we will look at spirituality in the modern world and through ancient times and explore our beliefs in the aftermath of significant change.

The Blank Page - Red Deer Room

Sarah Wheelan, Communications Coordinator, Threads of Life

One of the beliefs of Threads of Life is that sharing your story helps you heal. It's also true that writing about your experience can be helpful, whether you choose to share your writing with others or keep it in your drawer. In this workshop, we'll explore some different ways to capture your experience in the written word. You'll gain confidence in your own ability to write and express yourself, and maybe even create a work of art that exists beyond your experience. You don't have to be a writer to attend this session, but you might be one by the time you leave!

Music Therapy For Self-Care - Canmore Room

Sheila Killoran, Music Therapist

Music can shift our mood, get us moving, or trigger memories. Learn about how you can use music for self-care and to support you through grief, loss, or coping with life's challenges. Music is beyond words and can provide opportunities for release, comfort, connection, or healing. In this workshop, you can relax during a sound-bath, imagine during guided imagery, or pick up an instrument and join in. All are welcome; no musical experience necessary.

12:15-1:15 pm

Networking Lunch - Edmonton/Calgary Room



Day 2 – Saturday September 28th

Workshop 1:15-4:30 pm

Men & Loss – Men Only Club - Canmore Room

Darrin Parkin, Spiritual Care & Humanist Chaplain, Palliative Care

Men often experience grief differently than women, sometimes because there is an expectation that men remain “strong,” keeping their feelings to themselves. Despite this social expectation, men still need to grieve and express their feelings, typically in settings that are safe, supportive, and judgment-free. This workshop will provide such an environment, offering a safe setting for men to explore their experiences of loss and grief and to support one another. There will be some questions to guide the conversation, but the participants’ stories will provide the main focus of our time together.

Where is the Hope: A Voyage Of Discovery With A Hope Explorer - Fort McMurray Room

Wendy Edey, R.Psych

Hope is a feeling, a way of thinking, an asset in relationships and the basis for constructive actions. It allows us to consider a future in which we want to participate. It enables us to think about that future and still be okay in the present. Often we can get in touch with hope by tugging on threads from the past. Yet hope has a tendency to appear right alongside hopelessness and despair. This can make it hard to find and difficult to maintain when lives are changed by illness and injury. Using her gifts of humour and storytelling, Wendy leads us on a journey to discover and make use of our own hope.

Self-Care - Red Deer Room

Shirley Hickman, Executive Director, Threads of Life

Self Care is not selfish, It’s self-respect. How do we juggle the pieces of our daily lives - work, family, home, health, volunteering, etc and care for ourselves? Is our plate too full?

Zentangle - Medicine Hat Room

Barb Murray, Volunteer Family Guide and Family Member, Threads of Life

Zentangle is a meditative art-form that makes patterns one stroke of the pen at a time. Imagine focusing on the paper and marker, creating beautiful patterns! Zentangle is a very calming and serene practice. Paper & markers will be there for you to use, along with other things that might be useful. Please bring \$5 each to the instructor to cover the costs of the materials. Come and play with paper and markers!

2:45 - 3:00 pm

Coffee Break - Lethbridge Room

4:30-6:00 pm

Free Time

6:00 pm

Reception (Cash Bar) - Edmonton/Calgary Room

6:30-8:00 pm

Dinner followed by Volunteer Recognition & Opportunities Presentation

Edmonton/Calgary Room

Threads of Life is extremely fortunate to have many tremendous volunteers. This presentation will recognize our volunteers and highlight some of the ways that you too can volunteer and support Threads of Life.



Day 3 – Sunday September 29th

7:30-8:30 am

Breakfast Buffet - Edmonton/Calgary Room

8:30-9:00 am

Please check out of your room. The Front Desk can hold your luggage if needed or you may bring it to our main meeting room.

Workshops

9:00 -11:45 am

Message in a Bottle - Red Deer Room

Tami Helgeson, Volunteer Family Guide & Speaker, Threads of Life

Writing allows us to express some of our deepest feelings, emotions we might not say face to face with someone. When we experience significant loss and grief, the waves of intense emotion can be overwhelming. Writing a letter can be a powerful way to give form to our thoughts and feelings and provides a different way to understand them.

Diving Into Grief And Loss - Medicine Hat Room

Darrin Parkin, Spiritual Care & Humanist Chaplain, Palliative Care

“ANY MAN CAN MASTER A GRIEF BUT HE WHO HAS IT “ - WILLIAM SHAKESPEARE

Grieving a loss can change who we are and leave us wondering what's next. In this session we will discuss the basics about grief and loss, coping skills, and how to move forward from here; discovering meaning and purpose out of tragedy.

Mindfulness and Yoga for Grief Support -Canmore Room

Sandy Ayre, Yoga Instructor

While mindfulness has become more popular, its essence has been diluted to suggest that if one could simply “be present,” life would be “better.” This misrepresentation makes it impractical to consider mindfulness as useful in the context of suffering. This session will explore suffering as part of the mindfulness practice, and not something that is relegated to the margins. You will leave with practical tools and strategies to implement mindfulness into your life.

10:30-10:45 am

Coffee break - Lethbridge Room

12:00-1:00 pm

Closing Lunch and departure at 1:00 pm - Edmonton/Calgary Room

Safe travels home and hope to see you again next year!

Save the date: October 25-27, 2020

Each worker and family member who has been affected by a workplace tragedy is a thread in the quilt of life. Each thread, by itself, cannot stand alone, but when woven together provides strength. Although we are individuals, we are also connected in the fabric of life.