

The Nick Knapp Kindness Fund proudly presents

Event sponsored by...



Bell

**Health Professionals
& Volunteers**

Best Western Stoneridge INN

6675 Burtwistle Ln, London, On

Just off the 401 @ Hwy #4

Friday, May 10, 2013

8:45am - 5:00pm

Suicide Prevention Through
postvention. This workshop will
increase your knowledge
and understanding of how to
support those Bereaved by
suicide.

Contact: Penny
flying_birds1@hotmail.com
519-854-0393

Survivors of Suicide Loss sponsors;

Dr. Diana Sands

workshop agenda.

Friday May 10 8:30-4:30

Morning Session:

- **Walking in Shoes Model and Restoring the Heartbeat of Hope Group Program**
- A theoretical overview of a narrative, meaning making and family systems, model of suicide bereavement, the 'Walking in the Shoes Model'
- 10:15am break
- Primary focus will be on practical application of the model for counseling and the group program Restoring Heartbeat of Hope for those bereaved by suicide.
- The session will be experiential and provide opportunities for discussion, networking and to practice expressive arts interventions designed to build resilience and hope.
- 12:00— lunch—1:00pm

Afternoon Session:

- **Red Chocolate Elephants**
A practical approach for both counselors, parents and volunteers to support children bereaved by suicide
- Summary of research and issues for children bereaved by suicide
- 2:30pm break
- The session will provide opportunities to explore and experience how to use play expressive arts with children in ways that can help

A big thank you to our supporters. Without the financial support of many across Ontario it would be challenging to provide the necessary service needed.



2008 the bracelets and car magnet ribbons became available. They are all outstanding sellers and ongoing requests continue.

2010 A Mother's Story had a request for the content to be on a DVD for training purposes.

2011 the Hope & Healing booklet published by CAMH requested by Penny.

2012 the Survivors of Suicide Loss Resource DVD was produced and made available Aug . This full DVD is available on you tube and has over 2000 hits being viewed across the world.

2013 A Survivors of Suicide Loss Children's Resource DVD is expected to be made available before the end of the year.

Dr Diana Sands Red Chocolate Elephant!



**Red Chocolate
Elephants**

provides a sensitive, age appropriate way of talking with about the difficult questions of death through suicide.

The Nick Knapp Kindness Fund proudly presents

Survivors of Suicide Loss workshop. Those bereaved by suicide.



Event sponsored by

Be

Best Western Stoneridge Inn

6675 Burtwistles Ln., London,

Just off the 401 @ Hwy #4

Saturday May 11, 2013

8:45am - 6:00pm

This workshop will provide a greater depth of understanding of the grief journey survivors of suicide loss travel.

Contact: Penny 519-854-0393
flying_birds1@hotmail.com

Join us: the 3rd annual Survivors of Suicide Loss Workshop agenda

Saturday May 11 2013

8:30am—9:00am—registration

9:00am—introduction

9:15am—introduction to Dr. Diana Sands

This workshop is for those bereaved by suicide with focus on restoring resilience and hope. After morning tea there will be discussion and sharing about remembrance rituals with opportunities for participant reflections and small group work.

Morning Session:

Sociometrics and introductions

- Practical resources and resilience intervention
- Remembrance rituals
- How to make a ritual with others

12:00-1:00pm lunch

Afternoon Session:

- Prepare in small groups a remembrance ritual
- Enacting your ritual

3pm break

3:00pm—4:30pm Self-care activities

register now as space is limited due to organized group work & activities!

Come out and meet and learn and network with other survivors of suicide loss. It's a great social day full of learning. Who ever said a person couldn't have fun talking about suicide.

3:00-4:30pm—selfcare activities.

"To keep a lamp burning we have to keep putting oil in it." Mother Theresa

~ 7:00pm ~
Closing all together

5:00pm Smorgasbord



Red Chocolate Elephant;

provides a sensitive, age appropriate way of talking with children about the difficult questions of death through suicide.

Suffering is the tuition one pays for a character degree. People can use their suffering either to gain character or become bitter. The ones who choose bitterness live a long, slow death. The ones who choose character truly live." — Richard M. Rayner, American medical practitioner