

**ANNE ARUNDEL COUNTY CHAPTER OF
THE BEREAVED PARENTS OF THE USA**
2004 Program Schedule

Date	Program Title	Description	Presenter(s)
01/08/04	No Program: Speaker encountered scheduling conflict		
02/05/04	Using Music in Dealing with Grief	Some bereaved parents find music can be helpful in dealing with their grief. Our speaker will relate her experiences with music in her grief journey and talk about the role she believes music can play in the grief process. Members are urged to bring CDs or cassette tapes with music they have found particularly meaningful and helpful as they deal with their grief. We will use these as part of the discussion in our Sharing Groups.	Paula Muehlhauser
03/04/03	“I need help...where are you?!” — Dealing with Family, Friends, and Colleagues	Bereaved parents find that many friends, family and work colleagues are not very supportive in our grieving; in fact some can be harsh and hurtful. A panel of TCF members will discuss their experiences and offer suggestions on dealing with friends, family and colleagues. The panel will explore such issues of how one might respond to those who are supportive and how one might respond to those who are not. The panel will try to offer insights as to how we can help our friends, family, and colleagues to help and support us.	Panel: Paul Balasic, Noel Castiglia
04/01/04	Helping Our Surviving Children	The surviving children in our families often have issues of their own. These issues can be vastly different depending on the age of the surviving child, his/her location in the order of the family, etc. Ms. Frank will describe her experience in dealing with the issues faced by the siblings of deceased children, and offer ideas on how we might help them.	Karen Frank, Hospice of the Cheseapeake
05/06/04	How Different Are We?	We all grieve differently. These differences can introduce new stresses into a couple’s relationships. As we anticipate Mother’s Day and Father’s Day in the coming months, understanding these differences (and the similarities) can be helpful. There will be separate sharing groups for men and women.	TBD
06/03/04	Writing as a form of healing	As a newly bereaved parent Donna Rohrbaugh needed to know when if ever she might expect to experience some relief from the dark sadness and physical pain of her loss. She just needed to know that it would get better because she felt she certainly could not live for an extended period of time feeling as she did after burying her baby boy, James Ryan. Writing was always a form of relief for Donna, but after James Ryan there simply no words that could describe who she was or what she was feeling so she read the words others were able to write. When she was able to put pen to paper the depth of her words stunned her. Donna will talk to us about how writing can help in our grieving process.	Donna Rohrbaugh

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07/01/04	Memorializing Our Children	Many bereaved parents seek ways to memorialize their deceased children and to keep their memories fresh in the minds of family, friends, and the community. Fran Palmer will demonstrate the making of garden stepping stones and lead a workshop for those interested in making the stones during the sharing group period of the evening.	Fran Palmer
08/05/04	Loss Through Addiction	Deborah, who is a member of our chapter, will provide a mother's story of a family's struggle with addiction.	Deborah Sheahy
09/02/04	Holidays and Special Days	The holidays, particularly those in November and December, can be very difficult for bereaved parents. Ms. Benjamin will discuss these issues and offer suggestions on preparing for and dealing with holidays and significant dates such as Thanksgiving, Christmas, Chanukah, Mother's Day, Father's Day, Valentines Day, the birthdate of the child, the deathdate of the child, the day the child would have first gone to school, etc.	Carol Benjamin, counselor
10/07/04	Loss of a Child with Special Needs	Parents who are grieving the death of a child who had special needs, often find themselves dealing with additional issues. Our speaker will discuss the different problems faced by these parents, including grappling with insensitive comments, complicated feelings of guilt, the "gifts" the special child brought them, the impact of the death of the child on their own lives which were devoted to the child's care, etc.	Sandra Arán
11/04/04	Looking Back on the Grief Journey	Two of our chapter's founders will look back on their grief journeys over the last 20 years since their children died, and reflect on the "mileposts," provide insights into the issues and problems they have faced over the years, and discuss ideas on dealing with these issues and problems.	Marlen Maier Noel Castiglia
12/02/04	Introducing Our Children	The focus of this evening will be on our deceased children, and giving us a better sense of who these children were. There will not be a "Presenter"; the sharing groups are the focus. Each person brings a picture or some memento of his/her lost child. In the sharing groups each person holds the picture or memento facing the rest of the group and "introduces" his/her child, describing what the child was like, etc.	Sharing Groups