

**ANNE ARUNDEL COUNTY CHAPTER OF
THE BEREAVED PARENTS OF THE USA**
2005 Program Schedule

Date	Program Title	Description	Presenter(s)
01/06/05	The Difficult Parts of Grief	Marlen, one of the founders of our chapter, will discuss the difficult parts of grief over the years. She will discuss such issues as the isolation of grief over the death of a child, the immense pain, the anxiety that the immense pain will never end, and the guilt that we were unable to prevent the death.	Marlen Maier
02/03/05	Using Music in Dealing with Grief	Some bereaved parents find music can be helpful in dealing with their grief. Our speaker will relate his experiences with music in his grief journey and talk about the role he 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.	Paul Balasic
03/03/05	Understanding Mourning Is a Monumental Task	Mourning is the process that takes you on a journey from who you were and where you were before the death of your child to who you will be and where you will be, as you struggle to adapt to this change in your life. Each individual experiences his or her loss in his or her own personally intense way. If left up to us, most of us would just ignore mourning and every other distressing experience in our lives. Mourning is an important aspect of recovering and finding joy once again, in our lives. Join Fran in discussing how best to help each other mourn the death of our child.	Fran Palmer
04/07/05	Preserving Your Memories	After we lose our child, we often seek ways to preserve photos and other things which remind us of our child. One of the forms this takes are photo albums and scrapbooks of mementos. Darla McDonald will talk with us about the importance of preserving our pictures in photo-safe albums and the value of writing down the stories behind the pictures, which makes them meaningful. She will discuss how creating such keepsake albums can be a meaningful tradition, helping to deal with the loss of our child. A hands-on workshop will follow the presentation for those not attending a sharing group.	Darla McDonald, Creative Memories Consultant
05/05/05	No Program		
06/02/06	Memorializing Our Children: Garden Memorial Stones	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 memorial stones and lead a workshop for those interested in making the stones during the sharing group period of the evening.	Fran Palmer
07/07/05	The Early Months in the New Life of a Grieving Parent	Dr. Brothers, based on her experience as a therapist and as a bereaved parent, will discuss with us the challenges and problems we face as newly bereaved parents, exploring such issues as how we can discern the differences between deep and prolonged sorrow/grief and depression, how to discern when and if medication is needed and useful, how we stay alive when our child has died, etc., and will suggest ways for coping with these challenges and problems.	Carol Brothers, Ph.D., Clinical Psychologist

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08/04/05	Coping Strategies for Bereaved Parents	The Center for Infant and Child Loss works with Maryland families and communities facing the sudden unexpected death of their infant or child as they learn to live with their loss. The Center's Director, Donna Becker, will join us to talk about Coping Strategies for bereaved parents – strategies that she has encountered, learned about, and encouraged through her many years of work with the Center and grieving families.	Donna Becker, Director, Center for Infant and Child Loss, U of MD School of Medicine
09/01/05	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. Alice Baij, a bereavement counselor with Heartland Hospice and a bereaved sibling, will talk about her experience in dealing with the issues faced by the siblings of deceased children, and offer ideas on how we might help them	Alice Baij, Bereavement Counselor
10/06/05	Forgiveness	There's a lot of talk about forgiveness – of our self, of others, of God, etc. But what is forgiveness and how do we do it? Ruth Dennison-Tedesco, based on her clinical experience with bereaved parents and others, will address these issues.	Ruth Dennison-Tedesco, MS, NCC
11/03/05	We'll Get by with a Little Help from Our Friends	Dr. Ellicott will talk with us about how we can get support when we are newly bereaved and about overcoming the obstacles that make it difficult for us to get the support we need.	Abbie Ellicott, Ph.D., Clinical Psychologist
12/01/05	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