

**ANNE ARUNDEL COUNTY CHAPTER OF  
THE BEREAVED PARENTS OF THE USA**  
*2006 Program Schedule*

Date	Program Title	Description	Presenter(s)
01/05/06	<b>Blessings that Our Children Brought to Us</b>	As we grieve the death of our child, particularly in the early days, weeks, and months, all we can feel and experience is the dreadful loss and pain from the death. In dealing with that grief, it can be helpful to remember the blessings we received by having that child.	Marlen Maier
02/02/06	<b>Using Music in Dealing with Grief</b>	Some bereaved parents find music can be helpful in dealing with their grief. Paul 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
03/02/06	<b>The Early Years</b>	Noel will focus his presentation on the different experiences of newly bereaved parents from the beginning of their losses through the first few years, with emphasis on useful coping mechanisms.	Noel Castiglia
04/06/06	<b>How Men and Women Grieve Differently</b>	We all grieve differently. These differences between men and women can introduce new stresses into a couple's relationship. As we anticipate Mother's Day and Father's Day in the coming months, understanding these differences (and the similarities) can be helpful. During the general session we will have a panel of husbands and wives talking about their experiences and their differences in grieving after their children died. In addition to the First-Timers Sharing Group and the Newly Bereaved Sharing Group, there will be a separate sharing group for men and another one for women.	Noel Castiglia, Moderator; Panelists: Paul & Claudia Balasic, Veronica & Bob Blake
05/04/06	<b>Memorializing Our Children: Creating Garden Memorial Stones</b>	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 discuss the making of garden memorial stones and, during the sharing group period of the evening, will lead a workshop for those interested in making the stones.	Fran Palmer
06/01/06	<b>Remembering Our Children Through Writing</b>	For many members writing has proven to be helpful in dealing with the death of the children. This writing takes many forms from journaling to writing letters to writing articles for the newsletter. As part of the program, members will be given an opportunity to write a "time-letter" to themselves, which will be held and then mailed to the members in June 2007.	Lisa Beall
07/06/06	<b>Loss of an Only Child or All Children</b>	This program will explore the special challenges presented to those bereaved parents who have lost an only child or all their children.	Janice Kunkel
08/03/06	<b>Loss of a Child Through Suicide</b>	This program will discuss the special challenges and experiences of those who have lost a child through suicide. It will explore some of the harder parts of this kind of loss and some of the ways to deal with the tremendous range of intense feelings as well as the reactions from others.	Eileen Shryock

Date	Program Title	Description	Presenter(s)
09/07/06	<b>Memorializing Your Child: Creating Memory Boxes</b>	Many bereaved parents struggle with what to do with the special mementos of their child, particularly those items that do not really fit anywhere. One way is to take special photos, cards, school papers, newspaper clippings, etc. and decoupage them onto a "memory box." The process of creating a memory box can be a healing experience. Fran Palmer and Barbara Bessling will talk about the making of memory boxes, and, during the sharing group period of the evening, will lead a workshop for those interested in making a memory box. If you plan to participate in the workshop, bring items to the meeting that you can use in constructing your memory box. These items might include, special photographs (copies, not originals), cards, school papers, newspaper clippings, pieces of fabric, and other items that will encourage you to remember your child. Bring a box which you would like to use for your memory box. The box can be large or small; it can be almost any shape or type of box; it can be a craft box, a shoe box, a cigar box etc.	Fran Palmer & Barbara Bessling
10/05/06	<b>Holidays and Special Days</b>	The holidays, particularly those in November and December, can be very difficult for bereaved parents. A speaker or panel of members 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.	Janet Tyler, Paul Balasic, Barbara Bessling, Gene Maier
11/02/06	<b>Where Was God When My Child Died?!!</b>	For some grieving parents, their faith helps them through the grief process. Others experience great anger with their god or religion. The speaker will explore these issues with us.	Rabbi Steve Weisman
12/07/06	<b>Introducing Our Children</b>	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