



Association for Workplace Tragedy Family Support

2008 Nova Scotia Family Forum

June 20-22

Oak Island Resort and Spa

Program as of June 12, 2008. Program subject to change.

Day 1 – Friday June 20	
3:00–5:00 p.m.	Check-in and Registration Reception Area (outside the Bluenose A room)
5:30–7:30 p.m.	Buffet Dinner Bluenose A room Welcome <i>Gil Shoesmith, Chair, Threads of Life</i> <i>Guest Speaker: Nancy McCready-Williams, CEO, Nova Scotia WCB</i>
7:45 p.m.	Reflections Ceremony Bluenose A room Honouring our families' past and present.

Day 2 – Saturday June 21	
7:00-8:30 a.m.	Breakfast La Vista Dining Room
8:00-8:30 a.m.	Registration Reception Area (outside the Bluenose A room)
8:30-4:00 p.m.	Children's Activities <i>Laura Uhlman</i> Children who are 12 and under are welcome to join in a variety of activities over the two days which include face painting, making balloon creations, making ice cream, making glow sticks, a treasure hunt, scavenger hunt, making candles, painting plaster ornaments, making a plaster picture frame, leather crafts and other crafts.
8:45-9:00 a.m.	Opening Session: Welcome <i>Shelley Rowan, Board of Directors, Threads of Life</i> Bluenose A room
9:00-9:30 a.m.	Keynote: From Tragedy to Prevention <i>Gil Shoesmith, Chair, Threads of Life</i>
9:30-9:45 a.m.	Coffee break
9:45-11:30 a.m.	Active Listening Skills Workshop: Part I <i>The Rev. Dr. Jody Clarke, Associate Professor, Atlantic School of Theology</i> Lunenburg Room To listen well holds the possibility of transforming the lives of both the one telling the story and the one who listens. But active listening is not for the faint hearted, it make demands on our emotions, our intellect and our capacity to be truly human to each other. This workshop will look at listening theory, draw on the wisdom of the participants and invite us into a place where sorrow will meet compassion.

	<p>Supporting Your Children as They Cope with Loss and Grief <i>Karen Simmonds, Grief Educator and Counsellor</i> LaHave Room</p> <p>Grief is a natural reaction to death. This is true from infants to adults and it is a necessary natural way to heal his/her broken heart. This interactive workshop will support the intuitive knowledge of parents by providing information on children's grief as well as tools and activities that you can use to support your child through this difficult time.</p> <p>The OSH Officer's Role in Workplace Investigations in Nova Scotia <i>Gary Ramey, Regional Manager, Occupational Health and Safety Division, Nova Scotia Labour and Workforce Development</i> Bluenose A Room</p>
11:30-12:30 p.m.	<p>Networking Lunch Bluenose A Room</p>
12:30-3:30 p.m. Workshops	<p>Active Listening Skills: Part II <i>The Rev. Dr. Jody Clarke, Associate Professor, Atlantic School of Theology</i> Lunenburg Room</p> <p>Siblings and Grief (siblings only) <i>Karen Simmonds, Certified Grief Counsellor and Educator</i> LaHave Room</p> <p>In our culture, sibling grief is hidden and unacknowledged and is often over shadowed by the parents' loss of a child. Together we will explore the impact on our lives after the death of a brother or sister. From trying to support our family to coming to terms with a life without them.</p>
12:30-2:00 p.m.	<p>When a Workplace Fatality Happens: Understanding the Medical Examiner's Role <i>Shauna Curley, Coordinator of Investigations, Medical Examiner Service of Nova Scotia</i> Executive Room</p> <p>When a death occurs at the workplace, by law the Medical Examiner Service of Nova Scotia must investigate the death. An overview will be presented on the laws governing the investigation required in workplace deaths.</p> <p>Families Living with a Life-Altering Injury or Occupational Disease <i>Audrey Stringer, Palliative and Bereavement Support Counsellor, A String of Hope</i> Blue Nose Room A</p> <p>A life-altering injury or illness can have a profound affect on the family that will change the family forever. In this session we will discuss the changing roles experienced, the grief experienced – past, present and future – and strategies to develop a "New Normal".</p>
2:15-3:45 p.m.	<p>Men Grieve in their Own Way <i>Patricia O'Halloran, Staff Chaplain, Capital District Health Authority</i> Executive Room</p> <p>Men's feelings of grief are as intense as those of the women in their lives, but their outward behaviours may look very different. It is sometimes hard for men to find the right opportunities to comfortably say what they are going through. One past participant of this session said, "What I liked best was the confirmation that how I have handled grief is "normal". This session is a safe and welcoming place where men can hear how other men are dealing with grief and their changing family dynamics.</p>

	<p>Widows Moving Forward and Society's Expectations <i>Audrey Stringer, Palliative and Bereavement Support Counsellor, A String of Hope</i> Blue Nose Room A</p> <p>The death of someone close – a partner or spouse – can result in overwhelming grief that is difficult for people to cope with. It hurts emotionally, spiritually and physically and you may wonder if you'll ever heal and live life to the fullest again. Yet society has unrealistic expectations that people should move forward quickly with their lives. Your grief journey is painful but necessary for healing. Find out how you can overcome the pain, use grief constructively and learn new strategies to experience new hopes and dreams for the future</p>
4:00-5:00 p.m .	<p>Free time or Activities</p> <p>Activity 1: Oak Island Haunted History presentation <i>Charles Barkhouse, Local historian</i></p> <p>Activity 2: Self-directed Nature walk along the Trails for Rails</p>
6:00-6:30 p.m.	Reception (cash bar)
6:30-7:30 p.m.	Buffet Dinner Blue Nose A Room

Day 3 – Sunday June 22	
7:00 –8:45 a.m.	Breakfast La Vista Dining Room
8:45-1:45 a.m.	Children’s Activities <i>Laura Uhlman</i>
9:00-9:30 a.m.	Relaxation and Guided Imagery <i>Audrey Stringer, Palliative and Bereavement Support Counsellor, A String of Hope</i> Blue Nose A room Guided Imagery has been used by thousands of people to reduce tension, manage stress, gain inner wisdom and replenish energy. Participants will learn techniques to energize, improve memory and reduce anxiety in your daily lives.
9:30-10:30 a.m.	Making a Difference: Volunteer Opportunities with Threads of Life Blue Nose A room Steps for Life <i>Bill Bowman, Volunteer, Threads of Life</i> Volunteer Family Guides <i>Lynda Kolly, Volunteer Family Guide</i> Speakers Bureau: Sharing Your Story in the Name of Prevention Threads Newsletter Writing to help others understand your journey.
10:30-10:45 a.m.	Coffee break
10:45-11:45 a.m.	Interactive Session <i>Shirley Hickman, Executive Director, Threads of Life</i>
11:45 a.m.– 12:45 p.m.	Lunch
1:00 p.m.	Departure

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.



www.threadsoflife.ca