

The Bobby Resciniti Healing Hearts Foundation is the proud sponsor of  
**An Afternoon with Mitch Carmody**

*“Whispers of Love, Signs from our Loved Ones” and “Stress Relief in Grief”*

2:00 PM to 5:00 PM at Bobby’s Place  
11764 W Sample Rd #105 \* Coral Springs, Florida \* 33065

Saturday April 6, 2013 \* Limited Seating \* First Come, First Serve

1:30 open for welcome, mingling, refreshments and seating



Mitch Carmody is the author of “Letters To My Son, Turning Loss to Legacy” which has been sold worldwide. He is an accomplished artist and creator of the innovative *20 Faces of Grief* that adorn the walls of Bobby’s Place. Mitch is also the prognosticator of *Proactive Grieving*, a paradigm shift in grief recovery which includes his S.T.A.I.R.S. model of grief processing.

Mitch is a recognized inspirational/motivational speaker and a highly regarded workshop presenter with a wide variety of compelling workshops that he provides to the bereaved and to those who serve the bereaved nationally. He also works closely with Alan Pedersen; together have formed “ProactiveGrieving.org” where they have combined their talents for presentations they call “A Day with Mitch and Alan” which is helping the bereaved nationally. Learn more about Mitch and the work he does at <http://heartlightstudios.net/>

This year, Mitch is bringing us his hugely popular workshop “Whispers of Love” which has brought hope to countless thousands who believe their loved one; on some level has survived death and can send signs of their love. He will also provide helpful tips for stress identification/reduction and relief techniques helpful in the grieving process - which includes a gentle, calming guided meditation.

Mitch’s main message is that we **CAN** survive and even thrive after a significant loss in our lives. We do that by living the loss every day and grieving proactively OUR way...for as long as it takes.

#### Workshop Syllabus

- 1:30 PM -Welcome, seating , songs with interpretive signing
- 2:00 to 3:00 PM - Proactive Stress Relief in Grief with guided meditation
- 15 min break
- 3:15 to 4:30 PM “Whispers of Love” presentation
- 4:30 to 5:00 PM - Q & A and sharing of signs and whispers

For more information, email Bob Resciniti at [angelbobby13@gmail.com](mailto:angelbobby13@gmail.com) or call 561-603-3819



[www.angelbobby.org](http://www.angelbobby.org)