

Proactive Grieving - A Day with Mitch Carmody

Brought to you by The Bobby Resciniti Healing Hearts Foundation, Inc.

Mitch Carmody is the prognosticator of the *Proactive Grieving model of grief processing*. His approach is organic, compassionate and compelling. Mitch has been working with bereaved families and bereavement organizations for over 25 years and it is *his passion*. Any one of these stand alone workshops has already helped thousands of grievers on their grief journey and this full day seminar is available to the community to attend at **no charge**. It is being held in conjunction with the Friday night Healing Hearts Foundation Dinner Gala event. Healing Hearts is sponsoring this powerful seminar which includes drinks, snacks & lunch. Attendees are encouraged to attend the Fundraising Dinner event on Friday, special hotel pricing for seminar and dinner registrants is available. Please join us for both events if you can, as well as the golf tournament on Thursday Nov. 11—for more info on dinner and hotel reservations, contact Bob Resciniti at angelbobby13@gmail.com or call 561-603-3819. Workshop RSVP and questions—email Mitch at heartlightstudios@gmail.com or 651-436-3658.



When: Saturday November 14th 2015, 8 AM to 2 PM

Where: Coral Springs Marriott - 11775 Heron Bay Blvd, Coral Springs, FL 33076



8:00 to 8:30 Registration, mingling, coffee and seating

- 8:30 to 9:15 **Opening and Greeting Ceremony**
- 9:15 to 10:15 **Session 1: Proactive Grieving, Turning Loss to Legacy.** The traditional models of grief processing will be challenged and many myths of grief exposed. The groundbreaking S.T. A.I. R. S.” model of grief processing through proactive grieving is now changing the way America grieves. We will explore who are we as a griever, discovering our own unique grieving style which better enables us to draw to our strengths *and* identify our weaknesses. This is a workshop to empower your own vulnerability to take back the night and provide light for the grief journey. Proactive grieving harnesses the power of mind, body, soul and spirit to integrate and attain its own natural healing and equilibrium. Proactive grieving is becoming an intentional survivor.
- 10:15 to 10:30 **Break**
- 10:30 to 11:30 **Session 2: The 20 Faces of Grief/ Songs of Sorrow.** This session is grieving out of the box and will use artwork, words and music to help define the many components of the grief journey that we can experience as a griever. We will discuss the power of the creative process to heal in an organic and cathartic approach that helps grievers process their loss from the inside out. Many musical selections will be played with interpretive signing that speaks of the grief journey in powerful way.
- 11:30 to 12:15 **Lunch**
- 12:15 to 1:00 **Session 3: Self Care/Stress Relief and the Power of Vulnerability.** The somatic or physical side of grief will be explored. Why we feel the way we feel. Stress levels will be examined and a guided meditation will be conducted to activate the relaxation response to relieve stress and help to create a pathway to mindfulness. We learn to live with loss, live with its stress, not ignore it or put it behind us but process it in healthful ways and finding healing through our own vulnerability; healing from the inside out.
- 1:00 to 2:00 **Session 4: Whispers of Love, Signs from our Loved Ones.** This session is on the phenomenon of signs and the continuing connections that we may experience with our loved ones who have died. Not only signs after the death has occurred but during the dying process, and signs or omens prior to the death. We will also explore dreams, visitations, voices, and psychic communication that validates for so many that there is life beyond death. A slide show with powerful anecdotal evidence from around the world that supports this phenomenon will be shared and discussed.

Mitch Carmody GSP, CCP is a grief educator, speaker, writer, published author and portrait artist working out of his studio (www.heartlightstudios.com) in Demark Minnesota. He is currently on staff as a workshop presenter with T.A.P.S. (*The Tragedy Assistance Program for Survivors*), and recently elected to the national board of directors of The Compassionate Friends, member of Twinless Twins org., member of ADEC and is a Grief Services Provider.



Mitch's main message is that we CAN survive and even thrive after a significant loss in our lives.

www.heartlightstudios.net

Healing Hearts Charity Dinner Gala November 13 * A Day with Mitch Grief workshop November 14