

Join us for a full day to explore the important role transdisciplinary staff and volunteers can play in a journey of grief, loss, and bereavement. Celebrate the gift of caring, learn more about the unique needs of children and those experiencing complicated grief. Take away practical tools and strategies to support individuals and families in hospice and palliative care.

AGENDA

8:30 AM

Registration and Continental Breakfast

9:00 AM

The Gift of Care

Harry van Bommel, M.Ad.Ed.

10:30 AM – 12:30 PM

Children's Grief

Andrea Warnick, RN., MA.

12:30 PM – 1:30 PM
LUNCH

1:30 PM – 3:30 PM

Complicated Grief

Linda Hochstetler MSW RSW

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PALCARE 2017 FALL SYMPOSIUM

**INSIGHT INTO
GRIEF, LOSS AND
BEREAVEMENT**

**THURSDAY
NOVEMBER 16TH
2017**

THE GIFT CARE

What you do can make a life defining difference to your clients, their families and to you.

This presentation incorporates the themes of today's conference of grief and bereavement. The underlying principle is that caring for others is a gift to both the patient and their families but also to the care providers — professional and volunteer. The gift is life affirming and life defining. Be prepared to laugh, to reflect, to plan for the practical things you can do tomorrow at work, and to re-energize your gift of care.



**HARRY VAN
BOMMEL**

Harry Van Bommel began his work in home and hospice care year ago when he cared for his parents and grandfather at home until they died. His writings, speaking and recorded songs all come from a patient-family perspective. He is the author of 52 books of which 26 are about family caregiving, hospice palliative care, and healthcare leadership.

Harry is the Executive Director of the not-for-profit organization, Legacies Inc. Legacies is determined to provide patients, families and care providers with free and low cost home and hospice care information so that everyone with a serious or life threatening illness can live life as fully as possible.

CHILDREN'S GRIEF

The death of a significant person represents one of the most powerful disruptions in a child's emotional existence. Yet few care providers receive formal training on how to support children and youth who are experiencing the dying or death of someone in their life. This workshop will identify common barriers to supporting children who are grieving, provide innovative yet practical strategies that can be used to prepare children for a death, and support them after a death. This workshop will include important messages from children and families that illustrate how best to support children who are grieving a death.



**ANDREA
WARNICK**

Andrea Warnick is a grief therapist whose passion lies in helping families and communities support children who are grieving the illness or death of someone close to them.

With a degree in nursing, a Masters degree in Thanatology and years of experience both in Canada and abroad, Andrea brings to her work a rare mixture of medical and psychosocial expertise.

Andrea developed and teaches the Certificate Program in Children's Grief and Bereavement at the Hincks-Dellcrest Centre in Toronto; is a member of the clinical team at the Canadian Virtual Hospice, and has a counselling practice in Toronto.

COMPLICATED GRIEF

This workshop will provide a framework for understanding when regular grief, moves beyond to complicated grief.

Participants will learn to:

- Distinguish between regular and complicated grief
- Recognize the symptoms of complicated grief
- Understand some of the causes of complicated grief
- Identify risk factors before they manifest
- Identify some practical steps for coping
- Learn about referral options for complicated grief



**LINDA
HOCHSTETLER**

Linda Hochstetler is an educator and specialist in end of life issues related to illness, death, dying, and loss. She trained as a social worker, is certified in Palliative Care from Humber College, and she is currently employed as a Social Worker at Bethell Hospice where she provides psychosocial support to residents with life-limiting illnesses and their families.

Linda has hosted 16 Death Cafes around the GTA, and engages with a large network of professionals working in improving end of life options. She presents regularly at conferences throughout North America, and is known for her enthusiastic and engaging style of presentations that encourages discussion and honest reflection of meaning at end of life.