



PalCare

Presents

How Grief and Loss Impact Young Families

2024

Grief and Bereavement Symposium

Date: **MAY 7th 2024**

Time: **9:00 am - 4:00 pm**

Where: The Armoury,
89 Mosley St, Aurora, ON
L4G 1V9

**Register
Now**



Designed by Freepik

Cost: **\$100 Professional**
\$50 Volunteer

* *Continental Breakfast
and Lunch provided*

Visit

mypalcare.org/palcaresymposium for
registration and more information



How Grief and Loss Impact Young Families

In her 27 nursing year career, Yvonne Heath worked in many areas including emergency, chemotherapy, long-term care and hospice.

She became disheartened by our society's reluctance to talk about, plan and prepare for grief, transitions and end of life and wanted to create change. In 2015 and founded Love Your Life to Death and shares her message with heart and humour.

She is most passionate about supporting families, caregivers and their Compassionate Communities.

When they are not travelling and speaking- Yvonne and her husband Geordie (pronounced Jordy!) can be found wearing socks and sandals in their happy place in Huntsville, Ontario along with their several pets.

Keynote Speaker

Yvonne Heath



Navigating Life, Grief and Everything in Between - with Heart, Humour and Humanness!



Guest Speakers

How Grief and Loss Impact Young Families

Grief and Bereavement Symposium



**Happy, hurting, & healing at the same time:
Supporting Grieving Children & Youth**

Erica Bostwick - B.A. Psychology, B. Ed.



**The Art of Grieving:
Exploring Loss Through Expressive Arts and Somatic Interventions**

Jennifer Page, Registered Psychotherapist and Registered Art Therapist



**Definitely Not Normal:
Helping Statistical Outliers (usually young adults) after the Death of an Incredibly Important Person.**

**Aly Bird
Registered Psychotherapist (Qualifying), Coach and Author**



Anger & Contemplative Expression: Strategies for Children, Youth & Adults

Sarah Feiner



Panel

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**Aly Bird Registered
Psychotherapist
(Qualifying), Coach and
Author**



Dr Katie Mulhurn MD



**Jennifer Page, Registered
Psychotherapist and
Registered Art Therapist**



Kate Philips, MSW, RWS