

## **A.M. BREAKOUT SESSION SUMMARIES**

### **Women's Grief**

A session which will provide women a supportive environment to explore their grief (for women only).

### **Men's Grief**

A session which will provide men a supportive environment to explore their grief (for men only).

### **Parenting After Loss**

This is the only morning session that will allow parents to bring their children to the group. Topics will be determined by the participants, but may range from whether to try to become pregnant again to issues of parenting surviving siblings of any age.

*NOTE: Children will be present at this Session*

## **P.M. BREAKOUT SESSION SUMMARIES**

### **Coping and Stress Management**

The normal ways we have coped and managed stress don't seem to work as they did in the past. We will look at ways to deal with stress and share coping mechanisms that have been helpful.

### **Giving Meaning to Your Child's Life**

Families look for ways to give meaning to their child's life even with the short time their infant lived. We will explore different ways families have chosen to give meaning to their child's life.

### **Dealing with Expectations In the First Year After Loss**

In the first year after a death there are so many firsts one must deal with. Do you find yourself struggling with other family member's expectations on how you should act? We will explore ways to deal with the expectations of family and others.

### **Book Club**

Many people turn to reading to help their perspective after a loss. Participants are asked to bring along books or articles that have helped them or things that haven't. May include discussion on Dr. Phil's "Real Life - Preparing for the 7 Most Challenging Days of Your Life" and Kathleen Kennedy Townsend "Looks Beyond Tragedy", an article published in Reader's Digest (copies will be available.)

## ***The 2009 Family Bereavement Conference***

### ***You are Not Alone***

***Sponsored by:  
The Infant Death Center  
of Wisconsin***

***April 25, 2009***

***Holiday Inn Hotel and  
Suites, Madison West***

**OBJECTIVE:** The conference is designed to provide an environment where bereaved parents are able to expand their coping skills, talk and link with other bereaved parents.

**KEYNOTE SPEAKER:** Sherokee Ilse is a bereaved mother, an international speaker, and an author on pregnancy and infant loss. She has spoken at international and national conferences, meetings, and support groups. Sherokee combines her psychology, sociology, and teaching degrees with her personal experiences to promote compassionate care for bereaved families.

**SETTING:** The hotel is situated in Madison, Wisconsin. It is accessible off the Highway 12 beltway.

**ACCOMMODATIONS:** A special rate of \$70, based on double occupancy, has been arranged for Friday and Saturday nights. Please call Holiday Inn West, **Madison at (608) 826-0500 by April 10th.** Mention you are attending *The Infant Death Center of Wisconsin Conference* to receive the special rate.

**MEMORIAL PROGRAM:** A presentation will feature the infants we are remembering. If you would like your child featured in the presentation, send up to 2 photos of your child (color photocopies are accepted) along with your registration form by **April 1, 2009.** Please put your name **and** your child's name on the back of the photo. They will be returned the day of the conference.

**CHILDREN & ADOLESCENT ACTIVITIES:** Professional child care will be provided Saturday during the conference sessions. Children will be joining their parents for lunch and are invited to the memorial service. To be sensitive to all families we request that children not attend the parents' breakout sessions.

An adolescent grief support group is designed for those ages 10 and older. This session will be held during the adult breakout sessions.

**MEMORY TABLE AND BOARD:** Please bring photographs, poems, and mementos of your child you would like to share with other families. The board and tables will be on display Saturday. Be sure to pick up your mementos at the end of the day.

**POETRY:** **There will be an opportunity for parents to submit poetry they have written or that has been written about their child. Please see the registration form for details.**

**COST:** The charge for adults is \$15 per adult, children are \$7 each. This includes programming, childcare, continental breakfast, and lunch.

**NAME TAGS:** Badges with your child's picture will be provided as name tags. Please see the registration form for details.

## **AGENDA**

### **FRIDAY, April 24**

7:00 – 8:30 pm. Registration

### **SATURDAY, April 25**

8:30 – 8:55 a.m. Registration  
8:55 – 9:00 a.m. Introduction  
9:00 – 10:00 a.m. Keynote Speaker  
10:00 – 10:15 a.m. Break  
10:15 – 11:45 a.m. Breakout

- Women's Grief
- Men's Grief
- Parenting After Loss

11:45 – 12:45 p.m. Lunch  
12:45 – 1:30 p.m. Memorial Program  
1:30 – 1:45 p.m. Break  
1:45 – 3:15 p.m. Breakout

- Coping and Stress Management
- Giving Meaning to Your Child's Life
- Dealing with Expectations in the First Year
- Book Club

3:30 p.m. Closing

*Breakouts subject to change*