



## **Life After Suicide Loss September 16 2023 - Program Schedule**

- 9:30 – 10:00 (30) Participants arrive and get signed in help themselves to coffee, tea etc
- 10:00 –10:10 (10) Welcome, housekeeping information – Shawna Ellis
- 10:10 – 10:15 (5) CMHA-Edmonton Executive Director shares greetings and Land Acknowledgement – Giri Puligandla
- 10:15 – 10:25 (10) Keynote Speaker – Carla Howatt
- 10:25 – 11:55(90) Break-out sessions
- Understanding the impact of suicide, how it impacts you and how to move forward by Dr Wanda Polzin
  - Coping with grief on Holidays, Anniversaries and special dates by Meryl Murray
- 12:00-12:15(15) Question and Answer session (main room)
- 12:15-12:45(30) Lunch
- 12:45-12:50 Movement activity – Shawna Ellis
- 12:50-2:20(90) Break-out sessions
- Navigating Grief, what it is and what it isn't by Darcy Kipp and Phil Haug
  - What to do with multi-layered grief by Amanda Aube
- 2:25-2:40(15) Question and Answer session
- 2:40-2:45(5) Grounding exercise – Peris Wasonga
- 2:45-3:00(15) Closing/next steps – Shawna Ellis