

LIONS COMMUNITY CENTRE
 157 ELGIN ST. EAST
 COBOURG

FREE PARKING ON-SITE

Thanks to the Order of St Lazarus and the Ministry of Health and Long-term Care for their financial support of this event.

Hospice Northumberland Lakeshore
 905-373-8875 or 1-888-236-9869
 info@hospicenorthumberland.ca

Northumberland United Way Member Agency

HOSPICE NORTHUMBERLAND

PRESENTS

GOOD GRIEF



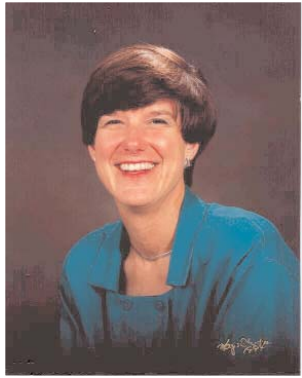
with

Dawn Cruchet

certified grief educator and counsellor

April 26 2006
 Lions Community Centre
 157 Elgin St. East, Cobourg





Dawn Cruchet

Dawn Cruchet has a Bachelor of Nursing, a Master's degree in Educational Psychology and is certified in Thanatology: Death, Dying and Bereavement by the Association for Death Education and Counseling.

She taught nursing for 15 years at John Abbott College in Ste. Anne de Bellevue, Quebec and worked in palliative care at the Palliative Care Unit at the Royal Victoria Hospital in Montreal both with nursing students and as a volunteer.

In 1997 Dawn developed and now co-ordinates the Growing Through Grief program for Mount Royal Commemorative Services, which includes bereavement support groups and the bi-annual Good Grief Workshop for Grieving Children and Adolescents.

Dawn gives training seminars and workshops to teachers, early childhood educators, nurses, social workers, health care professionals, psychologists, occupational and physical therapists, clergy, and caregivers. As a consultant she offers communities, companies, schools, day care centers and camps guidance, support and coping interventions when the death of a student, parent or colleague occurs.

She developed and has been teaching "Demystifying Death and Dying" in the education faculty at McGill University since 1995. In 2002 Dawn co-founded The Grief Center at the Queen Elizabeth Health Complex.

Dawn is a member of Montreal's Council on Palliative Care, has served on the editorial review board for the Canadian Oncology Nursing Journal and is currently co-chair of the International Committee of the Association for Death Education and Counseling.

Dawn is well known as a grief educator in Montreal. She has been featured in newspaper articles, appeared on local television and co-hosted the radio program, "Good Grief". She has presented workshops at conferences nationally and internationally.

Agenda

Talking about death and dying teaches us about life and living...

10:00-10:30 Registration and Coffee

10:30-12:00 **Is There an Oven in Heaven?**

A child who is old enough to love is old enough to grieve.

This presentation will address how children's perceptions of death develop, how children and teens grieve differently from adults, how dead bugs explain death to a pre-schooler and how a Whack Wall helps get the "mad" out in a safe way.



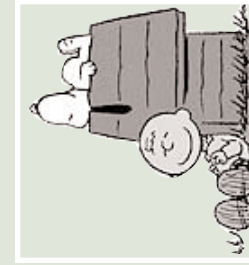
12:00-1:00 Lunch
(vegetarian choices available)

1:00-2:30 **Running on Empty - How Do We Refuel?**

We need to remind ourselves to live in the moment.

Are you too busy? Ha! Does Snoopy have long ears? In the busy lives that we all lead, feelings that we are "running on empty" may overwhelm us at times. It's so important to recognize what we're feeling and how we behave so that we address the issue to prevent burnout.

This interactive presentation will examine a framework that encompasses personal, professional, individual and team coping strategies, and encourage us all to be more mindful of living "in the moment".



Good Grief Registration Form
Wednesday April 26 2006

Registration fee (\$25) includes coffee, lunch and handouts

PLEASE PRINT CLEARLY

Name _____ Position _____
Organization _____
Address _____ Town _____ Postal Code _____
Telephone _____ E-mail _____

Please enclose a cheque (\$25 per person) with your registration form and mail by **April 11, 2006** to:

Hospice Northumberland
Box 32, 1 Queen St., Suite 102
Cobourg, ON K9A 4K5