

Key Note Address: Life After the Storm: Finding Treasure in Darkness**Jan Harrison****Art to Heal the Heart****Jane King**

Hello, my name is Jane King and I am a self-taught artist and Heartstrings Mom. These classes are fun and easy, so please bring your inner child with you. At the end of the day you will have a lovely little treasure to take home to remember your day. We are going to paint and laugh and share. We will paint small ceramic rain boots to be used as vases or pencil holders. They are really cute!

The Heart of a Mom When Her Baby Dies**Bev Leckie**

This is *not* a group about statistics, causes of death, or genetics, but it is about the *heart* of a mom when her baby dies, or when she knows the baby she is carrying will, most likely, *not* survive. We want to share together all too familiar stories and be encouraged by each other and by our God. Your baby may have died due to miscarriage, pre-mature birth, at birth or shortly after, or months after. We would love for your heart to hear God's heart and the hearts of other moms. Grandmothers are also welcomed to be with us.

Bev has been a long-time leader in Umbrella Ministries, a growing outreach with a biblical foundation, giving hope and support to moms who have suffered the loss of a child. Connecting with Umbrella Ministries gave Bev an understanding of her own loss many years before. Her daughter Tonia died at birth during a time when grief support was non-existent. Bev authors many devotions for moms through Umbrella Ministries and her desire is to continue giving as God unfolds her tomorrows.

The Burden of Guilt**Kim Hamilton**

Join Kim Hamilton for a discussion about the emotional impact of guilt. Guilt is a very difficult part of the grieving process because we are moms with loving and protective hearts. Let Kim share some Biblical insight into God's grace for us, as well as some practical applications. Kim is a Marriage and Family Therapist with Alpha and Omega Counseling in Greenville. He states: "God loves you. It is my life's endeavor to show each person who enters my office how much. Just as Jesus came...I am not here to condemn but to help my clients find freedom and a new life in Jesus Christ. You do not have to suffer alone."

Holding on to Faith During the Storm**Mary Holmes**

Mary and her husband had been married 29 years when they lost their only child. Over the first 10 hours, 10 days, 10 weeks and now 10 years they have been able to find God in many people and things they have become involved with. They had faith but it had never really been tested like the death of a child will. They have learned to find God's grace during the hardest of days and share his grace during the best of times. My words to live by are "be open, be willing."

Ways to Honor Your Child's Memory**Kathy Elrod and Lori Worley**

Join Kathy and Lori for a session on ways to honor the life of your child. Kathy and Lori are sponsors of Grace Girls, our sister faith-based encouragement group in the Easley/Piedmont area, and are both very active in their churches. Honoring your child through remembrances is an important way to keep them close to your heart and to help with healing. There are all kinds of creative ways to express the continuing love you have for your child.

Sharing Your Umbrella After the Storm**Kathryn Helt**

Through the storm, the rain, the mess of grief, what do you do? Sometimes you need an umbrella to shield you from the rain and give you a break, even just for a while. In addition, when you share your umbrella, through involvement with others, you can make a difference while feeling a bit better yourself. In this session we will discuss the philosophy of reaching out and helping, even while on the grief journey, and the benefits for you. Community resource contacts will be provided to each mom attending.

Kathryn is the Community Outreach Director for Dignity Memorial locations in the Upstate. She is also a Grief Recovery Specialist. She has joined hands with Heartstrings since the first year of our day retreats and has been a huge blessing. She has a loving heart and true compassion for those of us who walk this journey of healing.

Praying Prayers as We Grieve**Pat Monteith**

God is not offended when we question the “whys.” Don’t be afraid to approach Him. It is OK to tell Him how you feel. Let Pat share some suggestions about how to honor and approach our Heavenly Father from a Scriptural point of view while we are hurting. Pat has been a member of the National Prayer Team for a decade and also serves on the Prayer and Crisis Referral Line on a weekly basis. She has a true heart for the Heartstrings ministry and has helped with day retreats for a number of years.

Putting Grief In Your Pocket**Karen Camerato**

Join Karen as she explains how she "put grief in her pocket" by moving through the 8 stages of Growing Through Grief. Let Karen show you in a workshop format, the different actions you can take so that rather than letting grief take over your life in a way that is out of control, you can actively participate in your journey towards hope, healing, and personal growth. Karen is a Certified Grief and Child Loss Coach, helping Moms in all stages of their grief. If you are feeling stuck in your grief, please open your heart to the possibility of finding meaning, purpose, and joy again!

Dancing in the Puddles**Misty Hendrix**

Join Misty as she discusses ways and tips to learn to stay standing and how find joy, laughter, or just deal with living after losing a precious child. Misty Hendrix is a surviving bereaved mother who lost her daughter at the age of 9 unexpectedly in February of 2018. Although Misty is fairly new to this journey, she has found ways to find laughter and joy along the way. She wants to share some ways you can too.

Oh...The Things People Say: Releasing Offenses**Jan Harrison**

How do we respond when well-meaning people say the wrong thing? In this session we will share some of our “ridiculous” stories and then be encouraged to learn not to be offended. Grief is too hard to add insult to injury!

Jan is the author of *Life After the Storm* and a noted speaker and Bible study teacher. She serves on the board of With Open Eyes, a ministry co-founded by her late son, James, and her husband to accelerate the gospel in Africa.

Aiming to Thrive...Not Just Survive

Diane Hall

Who would have ever imagined that Marcus' suicide would be part of my life's story? I've struggled with guilt, anger, and a fist-sized hole in my heart that feels like it aches continually. I've wrestled with God over His sovereignty. I've also found that God is a God of redemption, not only of souls but of circumstances too. Let's explore both my struggles and the treasures God has brought to me in my darkness.

Let's Move!

Dorinda Christian

It is so hard to think about exercise and socializing while we are grieving but both are so needed for healing. Come and spend a little time with Dorinda to learn a few easy line dance steps to some good music...all of which will lift your spirits. Research has shown movement to music to be the best exercise for physical, mental, emotional, and social benefits. No talent nor prior experience required! We promise you will be glad you attended. Dorinda has 30 years of line dancing experience and a huge heart for others.

Dealing with a Stigmatized Death

Elizabeth Painter

The death of a child is devastating in itself but when you add a layer of labeling to it, it becomes even more difficult to imagine. If your child passed away from a drug or alcohol related death, suicide, murder, or an unthinkable act...this may be the class where you can find some real reassurance. Elizabeth is a mom who has experienced the broken-heartedness of such a death. She will lead an honest discussion about ways to rise above this additional sorrow. Elizabeth Painter is a Midwesterner by birth, a Southerner by heart. She is from a family of six siblings and called "Lizzy" by her favorite sister. Her time in Girl Scouts helped build her foundation for life: honor, loyalty, courteousness, and cheerfulness. Elizabeth is inspired by and drawn to people and has worked in Human Resources for over twenty years.

Some Ideas to Help You Through Your Grief Journey

Ann Bennett

Grief can feel like an overwhelming sense of loss, like walking through a dark tunnel. It's a long process with a lot of tears, but you can go through the journey and find new norms and joy in your life. This workshop will give you some ideas that may help you navigate this journey. Ann facilitates a Grief Share group at Pointe Church in Belmont, NC and is a leader in Umbrella Ministries, where she helps to sponsor an East Coast Conference each year for grieving moms.