



Hearts Forever Connected



A place for bereaved parents to find company, comfort, and hope

The *Hearts Forever Connected* workshop has been designed for parents who have experienced the loss of a child. Join us in community with other bereaved parents as we share and discuss grief resources with love, grace, and compassion.

May 10 from 9am - 4pm (Check in from 8:30am - 9am)

Delaware Hospice Center Community Room
100 Patriots Way, Milford, DE 19963

Space is limited to 40 registrants, so register today at
dehospice.degives.org/registration.

A \$20 fee covers all activities, light breakfast, lunch, & snacks

Keynote: A Playbook of Hope, and Hugs from Heaven

Author Lynda Cheldelin Fell, of the International Grief Institute, weaves her story of double tragedy into 10 strategies that strengthen inner resilience and engage the mind, body, and soul in modalities that cultivate joy, pleasure, and laughter. Learn how to create a future powered by hope after losing someone you love.

Breakout Sessions: Designed to soothe the soul and inspire hope:

- Mindful Meditation & Drumming as Self-Care Tools with Maxine Middlebrook
- Labyrinth Walk with Judy Schwartz
- Express Your Feelings Through Art with Patty Eskridge
- Messages from Spirit with Donna McEntee

Questions? Contact Roxanne at rcouzens@delawarehospice.org or (302) 222-8454.

Co-Sponsored by:

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