

~PROACTIVE GRIEVING HELPS HEART & MIND! [A DAY WITH MITCH & ALAN](#)

A remarkable 6 hour event is being hosted by [THE TONY BROWN FOUNDATION](#) in Shelton, Connecticut on April 21, 2012. The Tony Brown Foundation was founded, in Tony's memory, by his mom, Anne Castaldo. Anne, a friend to me and to our chapter, was very helpful during our First Statewide Walk To Remember in 2011. She continues to do Good Work in Tony's memory through the foundation including blood drives, a sponsorship for a first-time attendee to the TCF National Conference, uplifting blogs, grants, events, and grief support.

WHY ATTEND A DAY WITH MITCH AND ALAN?

If you have ever felt overwhelming grief and wondered

HOW

IF

WHY YOU WOULD WANT TO
MAKE IT THROUGH TO EVEN ONE MORE DAY

Then Attending
A DAY WITH MITCH AND ALAN
is a Gentle Gift to Give Yourself.

I KNOW Mitch and Alan.

I am proud to call them My Friends.

Their own deep friendship forged through the loss of their children, Alan's daughter, Ashley and Mitch's son, Kelly. Mitch is also a bereaved sibling, having experienced the death of his twin sister who left the earth plane in a horrific car accident. "Brother From Another Mother" is an apt description of their bond.



Alan Pedersen,
Ashley's Dad
And me, Forever Robyn's Mom

I met Mitch and Alan, separately, at my first TCF National Conference. Immediately, both in different and similar ways, they made a dramatic change in where I was in my own personal journey of grief and healing. Both dads acknowledge and allow for the pain of our REALITY while gently guiding through their own modeling that the initial shattering, shearing pain can change and that life may again be able to take on Quality and Enjoyment.



Mitch Carmody & Bettie-Jeanne

Mitch is actually a member of our TCF East Of The River CT Advisory Board ~ the only non-Connecticut person that we invited to our Board. Each of these dads are amazing in their separate workshops, but together, their energy is so strong, so powerful, so profoundly deep that you are promised a day that will impact you in ways that you can not yet imagine.

Mitch and Alan *live* what they bring to their guests in the gathering. You can trust these dads. They "get" deep loss.

They live it..... AND they CAN HELP YOU.

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Proactive Grieving is taking charge of your grief journey, you make the rules. It's not getting over it, it is going through it. Proactive grieving honors your loved one. It is being honest about your grief. Proactive grieving has no stages, or time table of healing. Proactive grieving reduces stress. Proactive grieving facilitates healing. Proactive healing can bring joy back into your life. We are confident you will leave with more tools than when you arrived.

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With this 6 hour workshop event, Mitch and Alan will teach, illustrate, and share what they have learned on the journey, helping us with our own. Through music, art, and provocative dialogue they provide insight into avenues of processing grief in a proactive way. They teach how to discover creative ways to assuage the pain and activate new potentials that can allow us to live productively with our loss the rest of our lives. Mitch and Alan will teach how to embrace our grief and to actively seek joy again and when joy does come, accept it without guilt. Their firm belief is that by taking charge of our grief journey with **Proactive Grieving**, that we can process the loss and accept the daunting challenge to survive: that with Proactive Grieving, we not only substantiate our loved one's life by the way we live ours; we reclaim our own lives and turn loss to legacy.



This event is NOT only for those who have lost a child, grandchild or sibling, but for anyone dealing with grief and loss in life. Bring yourself. Bring a Friend. But GO. Do This for yourself. Save the date. Register NOW. Space is limited Don't be left out. **Carpooling from East Of The River may be available. Get in touch if interested. ♥**

Bettie-Jeanne Rivard-Darby, Ellington, CT
Forever RobynApril's mom
TCF East Of The River CT Leader

TCF MEMORY BRACELETS

"Forever In My Heart"
adult & youth sizes.

\$2.00 minimum suggested donation.
Available at Meetings Or
order with a check plus
\$2.00 shipping at:

East Of The River
P.O. BOX 126
Manchester, CT
06045-0126



Space Is
Limited!
Reserve
NOW!



The
Tony Brown
Foundation



Learn How to Grieve ProActively A DAY WITH MITCH AND ALAN!



Proactive grieving is taking charge of your grief journey, you make the rules. Proactive grieving is not getting over it, it is going through it. Proactive grieving honors your loved one. Proactive grieving is being honest about your grief. Proactive grieving has no stages, or time table of healing. Proactive grieving reduces stress. Proactive grieving facilitates healing. Proactive healing can bring joy back into your life. Proactive grieving defines your new normal.

This workshop is very unique in its approach to addressing many grief issues that confront the bereaved on a daily basis. You will find the workshops stimulating, comforting, and provocative and we hope enjoyable. You will leave with more tools than when you arrived helping you with your journey.

APRIL 21, 2012 \$25.00

Shelton Community Center 41 Church Street Shelton, CT



Alan Pedersen

Alan is a successful singer/songwriter and recording artist. Alan is currently living with his wife Denise, in Roseville, California. Ashley, his only daughter was killed in a car accident in 2001. Since Ashley's death, Alan has written and recorded 4 powerful CD's of music about his grief journey. Alan is a dynamic and inspirational speaker and performs concerts and speaks on grief and loss at more than 100 events each year throughout the United States and Canada. In 2010, Alan received the prestigious honor of being named "The Professional of the Year" by the National Board of Directors of The Compassionate Friends. Alan is currently on tour with The Angels Across The USA.

Mitch Carmody

Mitch is a Minnesota native residing with his wife Barb, of 35 years, in Hastings. Mitch is a talented writer, artist and speaker. In 1987 Mitch's 9 year old son Kelly died of cancer. Mitch's own grief journey inspired him to write the book, *Letters To My Son: A Journey through Grief*, his amazing story of loss, turned to hope and faith after seeing many signs that Kelly left behind for him. Mitch is a staff writer for Living with Loss Magazine and presents workshops to standing room only crowds around the United States. In July of 2011, Mitch was the opening keynote speaker at the National Conference for the Compassionate Friends, to an audience of over 1,300



Mail check payable to The Tony Brown Foundation to

PO Box 822 Monroe CT 06468

Please include contact info!

FOR ON LINE REGISTRATION AND PAYMENT:

<http://tinyurl.com/TonysponsorsMitchandAlan>



Don't Miss
A Great Day
with
Mitch and Alan !

A DAY WITH MITCH AND ALAN AGENDA

- 9:30 – 10:00 AM Registration
~ get acquainted coffee and pastries
10:00 – 10:15 AM Introductions
10:15 – 11:15 AM **Alan Pedersen**: Angels Across the USA Presentation
11:15 – 11:30 AM Morning Break
11:30 – 12:30 PM **Mitch Carmody**: The Six “NEW” stages of grief
The Twenty Faces of Grief
12:30 – 1:15 PM Lunch
1:15 – 2:00 PM **Alan Pedersen**: Growing through Grief
Turning Loss into Legacy
2:00 – 2:15 PM Afternoon Break
2:15 – 3:30 PM **Mitch Carmody**: Whispers of Love
3:30 – 4:00 PM Questions and Answers/Sharing Session ♥

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<http://tinyurl.com/TonysponsorsMitchandAlan>

Interested in Car Pooling
From
East Of the River?



Get in touch with **Bettie-Jeanne** at
DreamView@aol.com
Or at Thursday's Meeting—April 19

