



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

What is 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

**Shelton Community Center
41 Church Street Shelton, CT**

\$25.00

Register by April 1st and pay only \$20!

Mail check payable to The Tony Brown Foundation to

PO Box 822 Monroe CT 06468

Please include contact info!

ON LINE REGISTRATION AND PAYMENT:

<http://tinyurl.com/TonysponsorsMitchandAlan>



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

A DAY WITH MITCH AND ALAN AGENDA

9:30 – 10:00 AM Registration and 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 ♥