

The Living Through Loss 2022 Day Retreat:

Healing Through...

Please join us for a day of workshops and sessions focused on healing after loss. It will be a day of exploring ways to heal through nature, story, art, and community. We'll be surrounded by nature, tucked away at Thorpewood Retreat Center in the Catoctin Mountains.

Saturday, August 13th
9:00 to 5:00

Living Through Loss is a community for parents who've lost a child to overdose. This retreat is open to any parent, grandparent, or godparent who has lost a child to overdose.

For more information, email us @
lthroughloss@gmail.com or call Jamie at
240-415-8981



This event is sponsored
by Second Street and Hope



The Living Through Loss 2022 Day Retreat: *Healing Through...*

Timeline of Events

- 9:00-9:30 Registration
- 9:30 Welcome & Orientation
- 10:00-10:50 Workshop 1
(break)
- 11:10-12:00 Workshop 2
- 12:00-1:00 Lunch
- 1:00-1:50 Workshop 3
(break)
- 2:10-3:00 Workshop 4
- 3:15-4:45 Concert by Andrew Landers
- 4:45-5:00 Closing & Goodbyes

What you need to know...

- Lunch will be a catered barbeque at the ThorpeWood Lodge. Snacks will be available between workshops.
- ThorpeWood is a minimal waste farm so please bring a water bottle with you...there will be coolers of water available throughout the farm.
- Dress comfortably, and please wear closed-toed shoes.
- Be sure to bring sunscreen and any other sun protection that you require- especially if you are participating in the forest therapy or equine art activities.
- If you are comfortable doing so, bring a framed photo of your child to be included on the day's tribute table.

ThorpeWood is located in the Catocin Mountains at 12805-A Mink Farm Road in Thurmont, MD 21788. Once you reach Mink Farm Road, follow the signs to registration.

You can also visit the website at thorpewood.org for more information.

The Living Through Loss 2022 Day Retreat:

Healing Through... Workshops

There will be 4 workshop sessions offered; 2 morning sessions and 2 afternoon sessions.

Review the workshops, and list 6 in order of preference. We will do our best to accommodate your requests. You are also free to complete less than 4 workshops and take that break to enjoy some peace and quiet in nature.

Healing Through Advocacy for Change

Jamie Eaton, MS, LCPC will lead a workshop on healing through advocacy. Participants will learn about ways that advocacy can encourage healing. Participants will also be given the opportunity to participate in the 'Good People Project.' The GPP is a collection of short videos. Folks are given the opportunity to share a photo and a short story of their loved one. Participants will receive a copy of their video, and the video will be included in a collection on the website: good-people.com. The hope is to share with the world the message that good people are lost to substances. It is our sincere hope that through the telling of our stories, we can dissolve the stigma that plagues our community. Jamie will facilitate a storytelling booth where parents and loved ones can record their stories. These will be edited and added to the good-people-project collection. This workshop is beneficial for anyone who has an interest in having a voice and exploring how to heal through advocating for a better understanding of overdose loss.

Healing Through Our Broken Stories; The power and influence of story

Andrew Landers will lead this workshop that explores how a broken story might be used for healing and change. For Andy, music brings healing to himself and to others. 'My music brings me healing, but it touches and challenges those around me because of the valleys, not the mountaintops. To bring purpose to the pursuit of healing through grief helps me.' Andy quotes Elisabeth Kubler-Ross, 'The most beautiful people are those who've known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people don't just happen.' This workshop is beneficial for anyone who wants to learn how to heal and live through brokenness.

Healing Through Narrative; How to communicate your story through the arts

Andrew Landers will lead this workshop that explores how expression through writing and music can heal the self as well as help to heal others. Andy will share his knowledge and experience on music and word as a healing agent, and create space for participants to consider how this might apply to their own lives. No musical or artistic talent is needed for this workshop!

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Healing Through... Workshops

Choose 6 in order of preference and list them on your registration sheet

Healing Through Nature: A forest therapy walk

Certified Forest Therapy Guide Katie Guth will lead participants in a deeply engaging slow, mindful walk through the Thorpewoode Arboretum. Through a sensory awakening and invitations from Katie, participants will become fully present and rekindle a relationship with nature. This is a low-impact mindful walk.

Healing Through Equine Art

Katie Guth will guide participants in meeting the farm's Icelandic horses. Participants will establish trust with the horses through grooming before completing a collaborative art project with the horses as living canvases. No horse experience necessary. This workshop is beneficial for anyone who enjoys connecting with animals.

Healing Through Reading Resources

Susan Scarvalone, LCSW will lead this workshop on 'biblio-healing,' or healing ourselves through reading supportive and well-informed healing and wellness books. Susan will introduce participants to various books and resources that have been curated for the Living Through Loss Pop-Up Library. Participants will have the opportunity to browse the pop-up library and learn about various categories of healing books for both adults and children.

Healing Through Tuning In: Self-calming your nervous system

Debbie O'Connor, Integrative Energy Practitioner, will lead workshop participants through a process of healing and regulating the nervous system. Participants will be guided through a nurturing and supportive technique that supports the whole being. Participants will also be given a take-away map of the process that can be utilized for continued nervous system support. And participants will leave with a momento to remind them of the experience!

Healing Through Creative Expression: Affirmations & Collage

Whitney Dahlberg will lead this workshop on utilizing our right brains to help the healing process. Whitney will describe how right brain activity and expression can bring healing in powerful and specific ways. This is a hands-on workshop! Participants will create affirmation cards through collage. Each participant will receive a complete set of the uniquely created affirmation cards. NO artistic ability is necessary!

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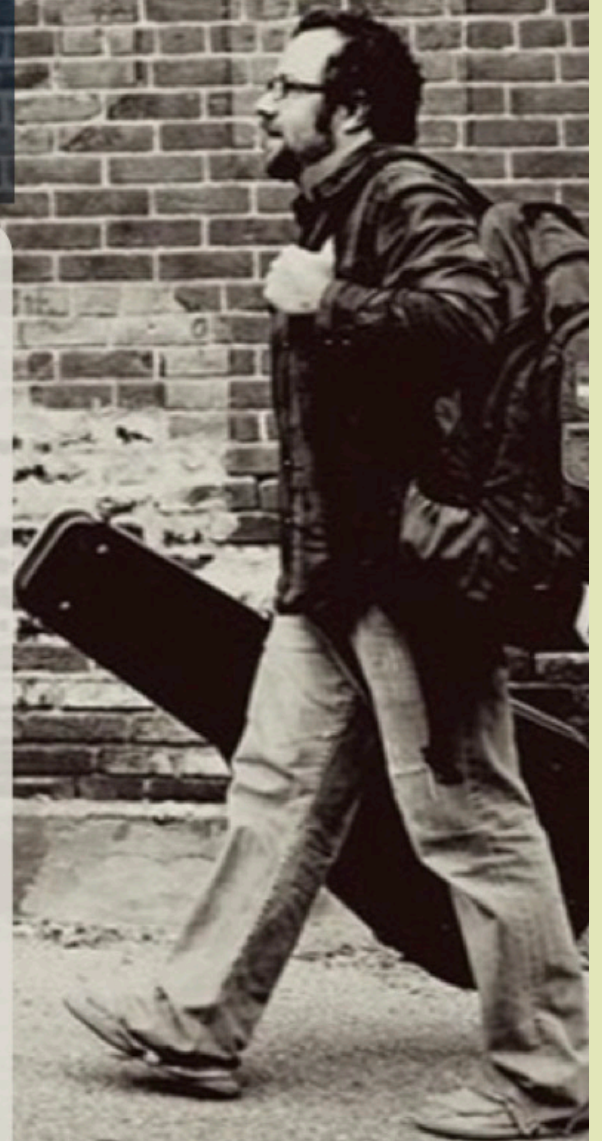
Healing Through...



**A SUMMER
CONCERT**

Special Guest Artist:
**ANDREW
LANDERS**

Andy is a singer-songwriter-storyteller who has been creating music for more than 20 years. He is very personally acquainted with the healing power of story. He will be sharing his love of music & story with us in small workshops focusing on healing through creativity. He will also honor us with a private afternoon concert.





The Living Through Loss 2022 Day Retreat: Healing Through... About Our Workshop Facilitators

Jamie Eaton, MS, LCPC is a therapist in private practice in Frederick, MD. She is also the founder and director of Living Through Loss. She specializes in grief, trauma, and addiction and she leads several groups and workshops through LTL for parents who've lost a child to overdose.

Andrew Landers has spent the last 2 decades playing his narrative in the unsung Americana Folk genre, a colorful brainy singer songwriter who has shared the stage with a myriad of national artists. His music has been heard all over the United States, Europe, Africa, and Latin America. With 11 records to his name, he has set out to change the world one song at a time. Andy is coming to be with us from Washington State, where he lives with his family.

Whitney Dahlberg is pursuing her Masters Degree in Art Therapy at Notre Dame University of Maryland. Whitney seeks to provide meaning making and a visual channel for the expression of grief. She is passionate about art as a tool for healing.

Susan Scarvalone, MSW, has worked in pediatric oncology, and ran several grant-funded programs related to grief and healing. Susan manages the Living Through Loss library, and is also a board member of Second Street and Hope. Susan brings her compassion and decades of expertise in the field of grief to her work with Living Through Loss.

Katie Guth holds her B.A. in Sociology from Gettysburg College and is a certified forest therapy guide through The Forest Therapy School. As Thorpwoode's program director, she connects the community to the natural world. She especially loves to share her love for mud, sunshine, and buttercups.

Deborah O'Connor is a Certified Energy Healer and she brings her compassion and expertise to the grieving process both personally and professionally. Debbie is passionate about sharing tools for healing with other parents who've lost a child to overdose.