



# GRIEF WORKSHOP 2018

**Focus:**  
**Parents, Grandparents, Siblings**

**Saturday, Sept. 22, 2018**

## FREE WORKSHOP

Welcome, registration, coffee  
8:30 - 9:00 am

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Event Starts: 9:00 a.m.  
Event Ends: 2:15 p.m.  
(Includes lunch)

### Location

Spencer Library  
Community Commons  
427 Spencer Road  
St. Peters, MO 63376

### Accredited Speakers

- \* Kelly Kovaleski - Keynote Speaker - Author of "Navigating Life", in memory of son Nicholas
- \* Kelly Karavousanos - Grief Services - Baue
- \* BJC Healthcare - Community Grief Support

### Workshop Topics

- \* *Moderated Discussion Groups for Men/Women*
- \* *Healing & Health for Yourself*
- \* *Developing a Plan for Moving Forward in Grief*
- \* *Sibling Grief*
- \* *Making Memorials*
- \* *Substance Abuse*
- \* *Surviving the Upcoming Holidays*

### PLEASE REGISTER BY SEPTEMBER 15

Mail this to BPUSA/STLouis Chapter,  
P. O. Box 1115, St. Peters, MO 63376  
Contact: Chuck at 267.229.8338 or via  
email: [chuck.digney@gmail.com](mailto:chuck.digney@gmail.com)

NAME(s):

ADDRESS:

CITY/STATE/ZIP:

PHONE #:

EMAIL ADDRESS:

*Please bring a  
framed picture of  
your child(ren) for  
display.*



**WORKSHOPS ARE  
SUBJECT TO  
CHANGE**