



A Day with Alan Pedersen

Saturday, February 2, 2019

Workshop #1: 10 a.m.

Lunch: noon

Workshop #2: 1 p.m.

Our day will be a mixture of learning, laughing and feeling. Alan will share what he has learned on his own grief journey and from the thousands of other grievers who have shared their stories with him. The workshops will offer real tools and ideas to consider for those who are grieving and for those who work with the bereaved. Powerful music and a down to earth message are the hallmark of A Day with Alan Pedersen.

Alan Pedersen is an award-winning speaker, songwriter and recording artist. His inspirational message of hope and his music have resonated deeply with those facing a loss or adversity in their lives and have made him one of the most popular, in-demand presenters in the world on finding hope after loss. Since the death of his 18-year-old daughter Ashley in 2001, Alan has traveled to more than 1,500 cities speaking and playing his original music. Alan also successfully served four years as the Executive Director of The Compassionate Friends, the largest grief organization in the world. Alan is currently on the road with The Angels Across the USA Tour where he will speak and perform in over 100 cities in 2019.



Workshop 1 - "Everything You Never Wanted to Know About Grief"

Who imagined we would be walking this path, yet here we are. This workshop deals with the basics of grief and the multi-faceted changes we face mentally, emotionally, spiritually and physically as we take on the challenges of processing loss. The focus will be on fully understanding our loss, how to build our own unique support system and the importance of educating ourselves.

Workshop 2 - "Does It Ever Get Any Better?"

Grief can leave behind a lot of unfinished emotional business. Some of us deal with guilt and regret, and other issues such as not having the opportunity to say goodbye. The second workshop will focus on things we can do and actions we can take which can bring healing and meaning into our lives.

The Church of the Epiphany, 11000 Smoketree Dr, Richmond, VA 23236 is graciously letting us use their facilities for this event.

RSVP: click [here](#) to register or copy link:

<http://events.constantcontact.com/register/event?llr=mapaluzab&oeidk=a07eg07oqtl1b41c325>

The Compassionate Friends RVA: tcfrva@hotmail.com or www.compassionatelfriendsRVA.org