Supportive Grief Companion Workshop
October 3 & 17, 2020

Name ________________________________________________
Address ________________________________________________
Phone ________________________________________________
Email ________________________________________________

Special needs? ________________________________________________
Current role serving as a Grief Companion: ________________________________________________

___ I wish to pay in full - $155
___ I wish to pay $55 non-refundable deposit
___ I wish to make a donation to Siena Retreat Center for scholarships

Check one of the following:
___ Check is enclosed (make check payable to: Siena Retreat Center).
___ I wish to pay by credit card

☐ Visa ☐ Mastercard ☐ Discover ☐ Am. Ex.

Card # ____________________________
Security Code* ____________________________
Exp. Date: ____________________________
Signature: ____________________________

* found on back of card

Mail to:
Retreats, 5637 Erie St., Racine, WI 53402
www.SienaRetreatCenter.org

Supportive Grief Companion Workshop
A Program of Continued Learning and Growth for Those Who Companion the Bereaved

2020 Topic:
Grief and the Healing Power of Rituals
With
Melissa Minkley and
Ann Marie Uselmann

Saturdays
October 3 & 17, 2020

From Milwaukee Area:
Exit I-94 at Hwy 100 (Ryan Road); LEFT on Hwy 100 to Hwy 32 (4.4 mi); RIGHT on Hwy 32 to Four Mile Road (6.5 mi along Hwy 32); LEFT on Four Mile Road to Erie Street (1.1 mi). Turn LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

From Chicago Area:
Exit I-94 at Hwy 20; RIGHT (east) on Hwy 20 to Hwy 31 (5.4 mi); LEFT on Hwy 31 to Four Mile Road (4.6 mi). Four Mile Road is at the stop light just after you cross a bridge. Turn RIGHT on Four Mile Road to Erie Street (3 mi); LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

You may also want to check on the I-94 website for the latest construction updates: www.plan94.org

Siena Retreat Center
5637 Erie Street, Racine, WI 53402
262-898-2590
www.sienaretreatcenter.org
Supportive Grief Companion Workshop

The Supportive Grief Companion Workshops (SGCW) are ongoing educational opportunities to advance one’s skill set in companionship of the bereaved. These workshops recognize the importance of those who serve as companions to the bereaved to receive continuing educational opportunities that enhance their skills and knowledge in the area of bereavement. In addition, the role of companioning requires one to attend to their own healing and wellness. SGCW are both experiential and participatory workshops that provide valuable resources.

Offered yearly, these back-to-back Saturday workshops will address such topics as:

- integrating diverse mourning and healing modalities, such as art, music, journaling, and guided imagery
- identifying and working with complicated grief
- post-traumatic growth (i.e. healing, gratitude, positive outcomes, building resiliency, etc.)
- children and grief
- spiritual aspects of grief.

Workshop requirements:
* Attendance at both Saturday gatherings
* Participation in the learning activities presented

Open to all who companion the grieving.

2020 Topic: Grief and the Healing Power of Rituals

The topic of focus for this year’s workshop is rituals. We perform rituals in our everyday life. Rituals help us find meaning and create connection. For those who are grieving, rituals can provide comfort and order during a time of chaos. They can also assist the bereaved with getting in touch with their feelings and create ways to express them.

This workshop will offer those who companion the bereaved an understanding of how grief rituals can assist the bereaved in mourning their losses and move towards healing.

In this two-day training workshop, participants will:
- explore the healing and transformative power of rituals for the bereaved,
- identify components and characteristics of private and communal grief rituals,
- discuss key principles for griever-friendly rituals, and
- experience the process of creating grief rituals.

Dates, Cost and Registration:

Workshop Dates:
Saturdays, October 3, and October 17, 2020;
8:30am—4:30pm

Cost:
Cost of $155 includes $55 non-refundable deposit, two training days, meals, book, handouts, and 1.6 Continuing Education Units (16 Contact Hours) through the University of Wisconsin-Parkside Continuing Education.

Registration:
Registration is due by Wednesday, September 23, 2020.

Melissa Minkley, MSW, CT, is the co-founder of Healing Life’s Losses Grief Support Services and is a social worker with over 25 years of experience in psychosocial oncology and bereavement counseling. She is the Executive Director of Healing Hearts of Waukesha County, a program supporting children and families impacted by loss. Melissa has companioned adults and children as individuals and in support group, workshops and retreat settings focusing on enhancing one’s holistic well-being. Her personal experience of loss has given Melissa insight into the impact grief has on individuals, families and others.

Ann Marie Uselmann, MSW, LCSW, is a clinical social worker with over 20 years of experience journeying with those who have significant health issues, as well as those in grief due to a variety of losses. She currently provides individual grief counseling at Ad Pacem—Toward Peace Counseling, in addition to working with individuals affected by cancer at Froedtert Hospital and The Medical College of Wisconsin. She is humbled and honored to work with those struggling to make sense of what life offers.