

LITTLE MATCHES

FINDING STRENGTH IN THE DARK

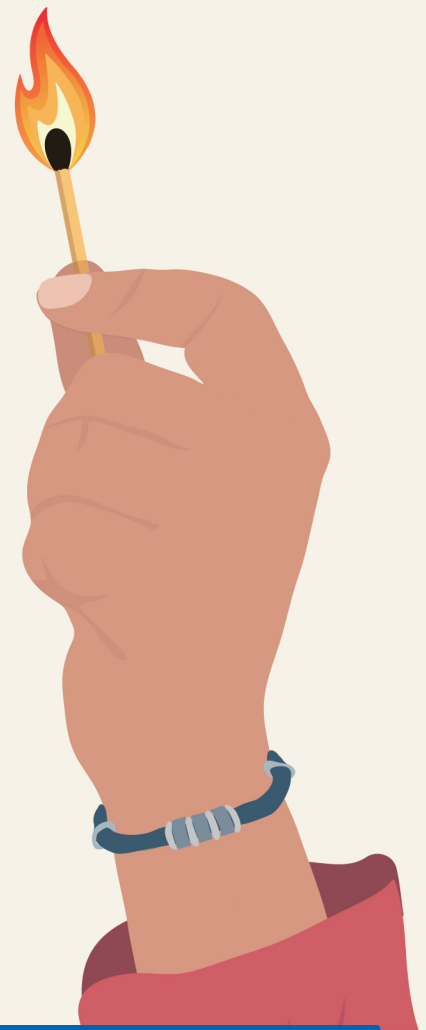
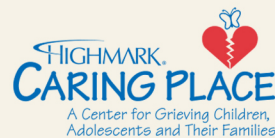
WEDNESDAY, MARCH 2ND FROM 2-3:30PM (LIVE ET)

PRESENTED BY MARYANNE O'HARA, MFA
SPEAKER, AUTHOR, & GRIEVING MOTHER

THIS IS A **NO COST** WEBINAR AND IS APPROVED FOR 1.5 CEUS. YOU WILL RECEIVE A ZOOM LINK TO THE WEBINAR UPON REGISTRATION. DETAILED INFORMATION ABOUT HOW TO CLAIM YOUR CREDITS WILL BE PROVIDED DURING THE WEBINAR. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.



TO REGISTER USE THE QR CODE, OR TYPE
<http://bit.ly/GriefTalkLegacy>
YOU MUST REGISTER NO LATER THAN
TUESDAY, MARCH 1ST.



LITTLE MATCHES: FINDING STRENGTH IN THE DARK

How can we find light inside the dark maze of grief we navigate after the death of a loved one? How does the connection we shared with them continue and transform over time? This month, we welcome special guest Maryanne O'Hara, speaker, grieving mother, and author of numerous short stories and books, including *Little Matches: A Memoir of Grief and Light*, the newly released memoir of her daughter Caitlin's life, and her death at age 33 from cystic fibrosis.

The loss of Caitlin brought Maryanne face-to-face with life's deepest questions. As she wrote her memoir, Maryanne also trained as a certified end-of-life doula. Her work as an advocate for compassionate end-of-life care inspired her to develop a successful legacy-writing workshop that helps participants engage in reflection and discussion about what they value most. Maryanne will share her story of resilience and the discoveries she continues to make as she strives to live a purposeful and meaningful life that honors her daughter.

OBJECTIVES

Through this webinar, participants will:

1. Explore the value of creative and expressive practices such as writing and art journaling to process grief and discover one's purpose.
2. Discuss the importance of life interviews and legacy work prior to and following the death of a loved one.
3. Recognize the importance of the power of language to balance hope and realistic expectations and to navigate our own emotions as well as the emotions of others.
4. Engage in an experiential activity involving writing prompts and steps participants can take to conduct a simple and meaningful legacy interview with a loved one or with themselves.

AMA PRA Category 1 Credit™
Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Allegheny General Hospital designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CE for Psychologists
Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content.™ This course is approved for 1.5 APA Credits.

CE for Social Workers
Social Workers may claim credits for attending educational courses and programs delivered by pre-approved providers, such as the American Psychological Association (refer to CE for Psychologists above). For verification, please refer to Continuing Education Regulations §47.36 #6) (ix) found at www.dos.state.pa.us/social. Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

