

# FEELING YOUR WAY THROUGH LIFE AFTER LOSS

A HEARTPARTY™ EXPERIENCE BY FULL COLOR LIVING

WEDNESDAY, DECEMBER 4  
FROM 2-3:30PM (LIVE ET)

Presented by  
Angel Pricer & Keane Aldrich  
Full Color Living

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.



♥ This event is tailored for those navigating life after loss, looking for a compassionate and caring space to acknowledge their feelings and explore NEW coping strategies. Join us in a virtual community setting committed to understanding your grief and honoring your process. We are offering a practical path for you to create more space for healing.

♥ In this webinar workshop we will share some creative ways to be with your feelings so that you can process and integrate things like separation, loss and grief. The HeartParty™ is a gathering unlike any other, infused with evidence-based, playful creative exploration and innovative approaches to become more present & comfortable with all your emotions.

## ♥ MATERIALS

Please bring some plain white paper or a journal, pen, pencil, crayons, colored pencils, markers, (one of red color) and 12-inch length of red yarn or thread. This may be the start of something wonderful for you.

## ♥ OBJECTIVES

In this training, participants will:

1. Learn precisely how the visual Creative Self-Expression of feelings helps people calm themselves, process traumatic experiences, and soften the impact of intense emotions on our physical, mental, and emotional health.
2. Discover the power of Heart Coherence in aiding the grieving process, mitigating stress, and even improving overall well-being as we share simple practices and some of the 30+ years of HeartMath Institute research.
3. Experience for yourself how each modality feels, how they work, and how they can be used independently or together for yourself & those in your care.

AMA PRA Category 1 Credit TM  
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 #f(6) (a) found at www.dos.state.pa.us/social. Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

