



2ND ANNUAL VIRTUAL Children's Grief AWARENESS DAY

EDUCATE. EQUIP. HONOR.

NOVEMBER 18
8AM - 9PM

LIVE on Children's Grief Awareness Day's Facebook page and the Highmark Caring Place's YouTube page.

FEATURING:

DR. EDITH EVA EGER

HOLOCAUST SURVIVOR & AUTHOR OF
THE GIFT & THE CHOICE

JOIN US FOR

- Stories of hope & inspiration
- Child- & family-friendly activities
- Opportunity to remember loved ones



JOSH & GAB
MUSICAL
COMEDY DUO



MOLLIE LANDMAN
HUNKER
BLOGGER OF
WIDOW AT 19



TRACY SUBSAK
AUTHOR OF
JENNY MEI IS SAD



KARRINE PHILP
DIRECTOR OF MTV'S
BEAUTIFUL SOMETHING
LEFT BEHIND



FRZY
RECORDING ARTIST

PRESENTED BY

HIGHMARK.
CARING PLACE



2021 VIRTUAL CHILDREN'S GRIEF AWARENESS DAY SCHEDULE

- 8AM** Empowering Children to Feel Safe to Say "I'm Not OK" – *Children's Grief Awareness Day Kick-Off* (Terese LaVallee, Sally Wiggin, Merrill Hoge, Neil Walker & Vicki Jay)
- 9AM** It's OK to Remember – *"If I Could Turn Back Time" Activity* (Valerie's House - Fort Myers, Naples, & Punta Gorda, FL)
- 10AM** It's OK to Ride the Grief Wave – *Preschool/Elementary Block: Presentation* (Josh & Gab - Pittsburgh, PA) & *"Ride the Wave" Activity* (Highmark Caring Place - Pittsburgh, PA)
- 11AM** It's OK to Show Your Feelings – *Middle/High School Block:*
11AM – *Presentation* (Mollie Landman Hunker - Grove City, PA)
11:30AM – *"Feelings Mask" Activity* (Brighter Days Grief Center - Eden Prairie, MN)
- 12PM** It's OK to Grow – *"Companion Planting" Activity* (AgWorks Program - Harrisburg, PA)
- 1PM** It's OK to Be Sad – *Author Interview & Activity* featuring the author of *Jenny Mei Is Sad* (Tracy Subisak - Portland, OR)
- 2PM** "It's OK to Not Be OK" – *Grief Talks Webinar* (Highmark Caring Place)
- 3PM** It's OK to Tell Your Story – *A Conversation About Grief* with Holocaust Survivor & Author Dr. Edith Eva Eger (La Jolla, California)
- 4PM** It's OK to Grieve Together – *"When Someone Dies: Activity Cards for Young Children"* (National Alliance for Children's Grief - Lubbock, TX)
- 5PM** It's OK to Dance – *"It's a Beautiful Day" Mister Rogers' Tribute* featuring recording artist FRZY (Pittsburgh, PA)
- 6PM** It's OK to Express Yourself – Activities include:
6PM – *"Scream Boxes" Activity* (The Irish Childhood Bereavement Network - Dublin, IE)
6:15PM – *"Response" Activity* (Roberta's House - Baltimore, MD)
6:30PM – *"Memory Stones" Activity* (Trying Together - Pittsburgh, PA)
6:45PM – *Various Grief Activities* (ACH Clear Pathways- Pittsburgh, PA)
- 7PM** It's OK to Share Your Grief – *MTV's Beautiful Something Left Behind Panel Discussion* (Director Katrine Philp, Producer Katrine Sahlstrøm, and members of the cast - Copenhagen, DK & Robbinsville, NJ)
- 8PM** It's OK to Keep the Memory of Our Loved Ones Alive – *"Time of Remembrance"* featuring:
 - 2021 Illuminating Hope Mosaic Mural reveal
 - Moment of Remembrance
 - "Hope" artwork creation & reveal by "Paints by Kait" - Seattle, WA
- 9PM** *"Thank You for Supporting Us" – a message from grieving children, families, and organizations who support grieving children from around the world*