

We are so excited that you have enrolled your child in A New Leash on Life Workshop for Kids!

Please take the time to read this information regarding policies and procedures,
what to bring and what your child can expect!

This program is a one-day workshop based off the book "*A New Leash on Life: A Remedy for Healing After Loss*". Your child will work through this book in small groups. This day is jam-packed full of games and activities to deepen your child's learning!

What your child can expect:

- Demonstrations and object lessons
- Small group activities
- Games
- Written exercises
- Lots of fun!
- New friendships
- A party at the end!

ABOUT THE FACILITATORS

Donna Kutzner - Author of "A New Leash on Life", Certified Edu-Therapist, Mediator and Life Coach
Chasidy Schmidt - Illustrator of the book, Licensed Funeral Director and Certified Co-Active Life Coach
We have a passion for helping children overcome grief, losses and fears while encouraging them to be the best versions of themselves! It's important for you to know that we are not counselors or therapists. We do not offer advice, nor do we give opinions. We will facilitate your child by asking questions - your child's learning will come from their own answers. We will guide them through the processes outlined in the book to deepen their learning, and show them how to overcome challenges.

THE DAY OF THE WORKSHOP

- Please arrive at 8:30 a.m. to allow for your child enough time to get name tags and a copy of their workbook.
- We will start at 9:00 a.m. sharp. * Please make your best effort to arrive at 8:30 a.m. We have lots to cover for the day and need every last minute to fit it all in!
- Bring two healthy snacks and one bag lunch clearly labeled with your child's name. Please to dot bring food containing nuts or candy.
- Bring a water bottle
- Appropriate clothing for the outdoors
- The last hour, starting at 4:00 p.m. we will be having a PARTY! We invite you to join us. During this time, your child will have the opportunity to spend time and get a photo taken with a very special guest, a Certified Comfort Dog - Golden Retriever (provided by CAAWLS Edmonton). If there is any reason you feel your child should not be around the Comfort Dog, please let us know and we will ensure that your child will not be participating in this activity.
- The Workshop ends at 5:00 p.m.

We look forward to meeting you! If you have any further questions or concerns,
please email us at info@donnakutzner.com

Sincerely,
Donna Kutzner and Chasidy Schmidt
Program Facilitators

For Parents - Information

Children are having a harder and harder time growing up. There are so much stress and losses that can destroy self worth. Life has a way of throwing stuff at us, and having tools to overcoming these obstacles is powerful! A New Leash on Life Workshop for Kids is an interactive and experiential program, with participants actively involved while have fun doing it.

Getting Through Loss is a Work of HeArt

This workshop is based on the book *A New Leash on Life: A Remedy for Healing After Loss*. This book is lead by Midas, a Golden Retriever who shows us how we can heal from loss. Once we learn how to process the loss, we will experience healing.

Grief is an emotional injury rather than a physical injury which as to be taken care of and appropriately acknowledged. It cannot be ignored or suppressed or wished away. Emotional pain deals with feeling that must be taken care of first. Emotional First Aid is similar to physical first aid, except you are dealing with an emotional injury rather than a physical injury. An emotional injury has to be healed, taken care of, and appropriately acknowledged - it cannot be ignored or suppressed or wished away. When experiencing emotional pain, we must take care of feelings first. For example, if we are physically choking, we take care of the airway. In the same way, if we are emotionally coked, we take care of feelings. Validating our feelings is emotional first aide.

Listening to and identifying how others are feeling is like finding a treasure of who they are.

WORKSHOP OBJECTIVE

To offer real, non-judgmental and effective healing strategies for those who have suffered losses. We gently lead through grief and face feelings instead of ignoring them and eventually making things worse. We will teach skills and give tools to cope with losses in healthy and positive ways, in a loving and safe environment.

Healing begins when we take action. Together we learn how to recover from losses and pain.

A BRIEF OUTLINE

1. What is your child's Heart Story? What is their dream that has been shattered? There is a list of losses, some of which they may never have thought of as loss such as bullying, divorce, a new sibling, etc. We start out by just hearing the child's heart giving opportunity to discuss the feelings around the losses both at the time it happened and presently.

2. Getting Skunked: This is about getting cheated out of life that could have been better and how it has affected the body. We discuss unhealthy ways we cover up pain.

3. Digging for Losses: Identifying the loss that is presently most painful. What hurtful things have been said that feels like needles getting pierced in the heart left being afraid, alone, insecure.

4. The Barking Lot: Where we dig for wishbones, backbones, funny bones and even spare ribs.

- **Wish Bones:** -sorry about and wish to apologize for
-wish had been different
-wish had more of.
- **Back Bones:** -hated, mad about, hurt about, disappointed about
- **Funny Bones:** -made happy, feel great, excited, proud, grateful, thankful for.
- **Spare Ribs:** -Anything else may want to say.

5. Farewell Letter: Writing a letter covering: "The things I want you to know....".

In a nut shell it is about letting go of the pain and hanging onto the good memories. It is about treasuring and hanging onto the love that we never want to let go of. It is about helping them feel heard, supported, feel safe.

A New Leash on Life Workshop Enrollment Form

Date of Workshop you are registering for

Child's Name

Date of Birth

Does your child have any allergies? Y N

If YES, please list below:

Does your child take any medications? Y N

If YES, Please list below:

Is there any other information about your child we should be aware of?

Parent/Guardian Name

Phone Number

Address

Alternate Emergency Contact Name

Alternate Contact Phone Number

Please list the names of people who are authorized to pick up your child at the end of the day - please note that anyone who is not listed below will not be allowed to pick up your child.

Name

Relationship to child

Name

Relationship to child

Name

Relationship to child

I,
to attend "A New Leash on Life Workshop" on

give consent for my child,

Print Name

Signed

Date

Policies and Procedures

Please Initial the Following:

- 1. All monies paid for are non-refundable.**
- 2. Cancellations prior to 30 days before the registered workshop date will be refunded 50% of monies paid.**
- 3. 4. Any of our companies, affiliates, or associates are not liable or responsible for the individual outcomes of the processes.**
- 4. The facilitators do not offer any services of counseling or therapy.**
- 5. I agree to maintain confidentiality as it relates to personal information shared in the group. I understand my child can be asked to leave the program for any confidentiality breaches.**
- 6. I agree to disclose any physical or mental health challenges which may affect my child's participation.**
- 7. I give permission for my child to participate in the Comfort Dog activity.**
- 8. Destructive or inappropriate behaviour of your child will not be tolerated. Your child will be removed from the workshop and you will be notified immediately to come pick up your child.**
- 9. Your child will ONLY be released to the individuals that are named as authorized pick-up persons.**
- 10. Medications will not be administered to your child by any staff.**

I, the undersigned, hereby hold harmless, waive and release the "A New Leash on Life Workshop", their facilitators, employees, officers, representatives, agents, organizers and successors from liability as a result of personal injury emotional injury or property damage occurring while the above enrolled child/children is/are attending the "A New Leash on Life Workshop". I understand that this is not a licensed childcare facility. I understand that this workshop is not a professional counseling or therapy program. I have read, understand and agree to adhere to the Policies and Procedures of the "A New Leash on Life Workshop"

Full Name

Signed

Date

Please fill out form in full and email to info@donnakutzner.com

Please note that registration will not be completed until payment has been made in full.

Payment may be made online at www.donnakutzner.com