

# Life After Loss



**A Special, No-Cost Two-Day Virtual Summit Exploring Grief Aftermath  
for Educators, Mental Health Providers, School Leaders, and Child Advocates**

**Day 2 – January 23rd, 2026**

**Main Summit**

**9:00 a.m. – 12:00 p.m. PT / 11:00 a.m. – 3:00 p.m. CT / 12:00 p.m. – 3:00 p.m. ET**



**be careful with  
me.  
my heart is  
not fragile.  
it is alive.**

– Nayyirah Waheed

**WELCOME AND INTRODUCTIONS**

# A Few Logistics

To ensure the best audio quality for the duration of our gathering, **all participants will be muted** (except in the workshops!); please **go off video if you are moving**.

You can click on "CC" on the bar at the bottom of the screen for **auto captioning**.

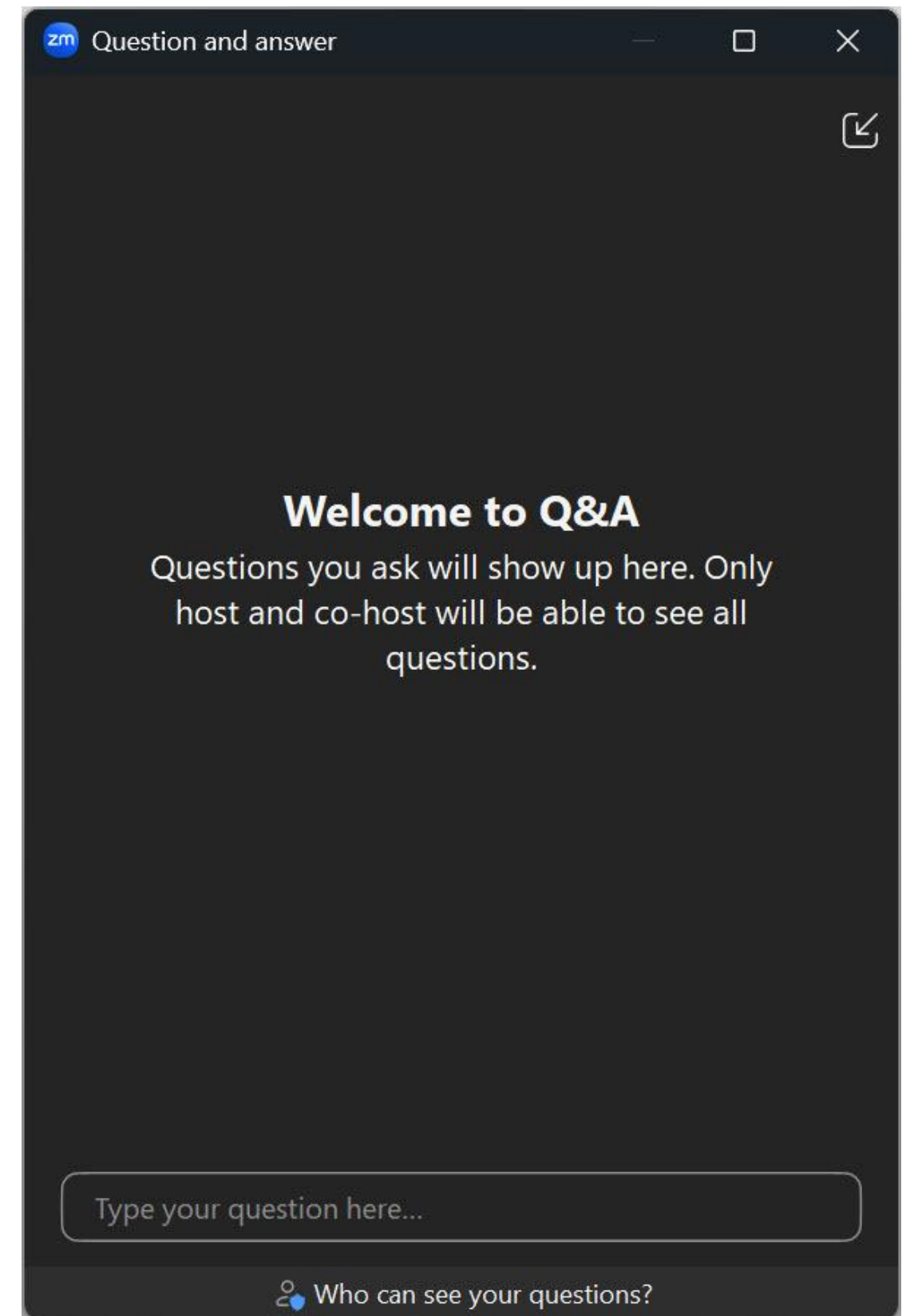
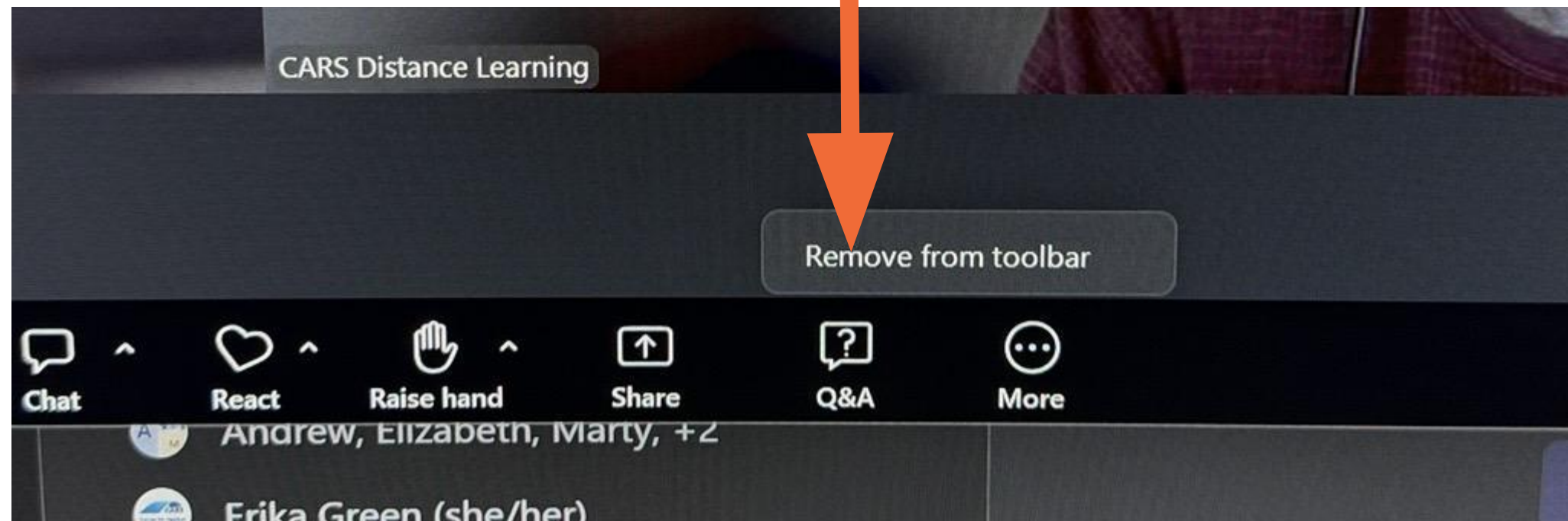
If you have a link to resources you'd like to share or questions for the group...drop them in the chat!

If you have to leave before the end of the day, **please complete the feedback form** that pops up! We'll also be emailing you post event. Thank you in advance for taking the time to share with us.

All session decks are posted on our event page; the session recording will be posted on our event page by **January 30th, 2026**.

If you have questions about our program or anything else that you need, **please private chat "SUPPORT."**

And! The Zoom link is yours for the whole day. Come in, come out. Hydrate. Restroom. Care.



*(this is hopefully the least prettiest slide you'll have to look at all day)*

# OUR TIME TOGETHER TODAY

- 8:45 a.m. PT / 11:45 a.m. ET: **“Doors” (aka the Zoom room) open**
- 9:00 a.m. – 9:15 a.m. PT / 12:00–12:15 p.m. ET: **Opening, Welcome & Grounding**
- 9:30 a.m. – 10:15 a.m. PT / 12:30 p.m. – 1:15 p.m. ET: Opening Keynote – **“Grief: Guideposts to Personal & Collective Freedom”** with Candace Rose Valenzuela.
- 9:50 a.m. – 10:40 a.m. PT / 12:50 p.m. – 1:40 p.m. ET: **“Care Without Collapse”** – A Panel Discussion with Jerica Coffey, Ebony Johnson & Jesus Solorio, moderated by Oriana Ides.
- 10:45 a.m. – 11:30 p.m. PT / 1:45 p.m. – 2:30 p.m. ET: **“The Shape of Grief as a Fight for Life”**– A somatics workshop with Sue Kuyper.
- 11:30 a.m.– 11:50 a.m. PT / 2:30 p.m.– 2:50 p.m. ET: **“Mapping the Storms: Art-Based Integration for Finding Light Amidst Grief”** An art practice with Oriana Ides.
- 11:50 a.m. – 12:00 p.m. PT / 2:50 p.m. – 3:00 p.m. ET – **Integration & Closing**

*All times are subject to change based on the needs of the facilitators and flow of learning.*

For full program descriptions and faculty, see our event page: <https://www.cars-rp.org/life-after-loss>



# Engaging in Deep Listening and Generative Conversation



Though **this should feel therapeutic**, this is not therapy



Respect one another's "**complex personhood**"



Being here is **participating**



Practice **contextual confidentiality**



There is **always enough time** for the right work



There is a conversation that only the people in this room right now can have. **Find It.**



# **FEELING INTO OURSELVES AND THIS MOMENT**

**The times are urgent; let us slow down.**

*— Bayo Akomolafe*

What do you **imagine**  
**healing to feel like** in  
your work? In your  
body?

SETTLING INWARD: **CREATING CONNECTION**



*An individual's psychology can heal by finding the courses of action that match one's felt need— but there are no skipped steps.*

*Sitting with discomfort is always first, followed by connection and inspiration — but at the end of the day, we need action to metabolize grief and transform our material and cultural conditions.*

*Metabolized grief can power deep and lasting change infused with profound joy, while unmetabolized grief becomes an almost insurmountable barrier to it.*

From: Grief Belongs in Social Movements. Can We Embrace It?  
– Malkia Devich-Cyril

Identify three–six words in a row that resonate with you.

1. **Why** might these words be standing out to you in this moment?
1. What are they making you **think, feel and wonder about creating a container after student death?**
1. What is **challenging about this** in the context of schools?



## **LIFE AMIDST LOSS: RADICAL IMAGINATION AND INTEGRATION**

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The great activism needed today entails bridging our personal grieving with the grieving of our communities. Our anger arises from our pain and is only pointing back to our pain. To hold space for our pain is a way that we begin to take care of our pain.

*- Lama Rod Owens*

Radical imagination is not only a tool for crafting new futures, but can also be used to help us heal and reconcile wounds that we might carry—realities that may be holding us back from doing the work we need to do as embodied change-makers.

Radical imagination is about bringing possibilities back from the future to work on the present, to inspire action and new forms of solidarity today.

The past, present, and future are all simultaneously and independently existing in the radical imagination.

— *Shanti Balam*

As we close our time together, and allow grief to be a teacher, what future possibility does it point us toward—and how that might shape the way we show up for ourselves and one another now?



# Please let us know how today felt.

If you wish to  
receive 2 CEHs at  
*no-cost* to you for  
LMFT, LPCC, MFT &  
LEP - please  
complete the  
survey!



[https://bit.ly/LAL26\\_Day2](https://bit.ly/LAL26_Day2)



“rebirth is recreation”

almost close enough to touch  
the light of flames curls against and with  
the movements of my mirror palm

i can't hold it close enough to comfort self  
i can't wrap it into my chest  
close enough to transform grief

in sparks, there is creation  
yet when fire surges into tsunami-like flames  
the creation burns to hope

we will watch the ashes all  
we will feel the pain of our missing?  
we will wonder - what created this?  
how could we create something different?

and we will clutch to our chests  
just close enough  
the spark of recreation

- Zoe Foxe



DANDELION.

**Thank you, community**

**As you leave the room, we  
invite you share a gratitude  
for a person, idea, feeling,  
question, or thought that is  
leaving with today.**

# Introducing Our Global Learning Community



**CARS**  
LEARNING  
EXCHANGE



**SCAN TO LEARN MORE AND JOIN**  
[cars-community.mn.co](https://cars-community.mn.co)

- **FREE & Secure Online Community** – Supporting work in behavioral health, crisis response and recovery, student and staff wellbeing, and community wellness.
- **Extensive Resource Library** – Tools, trainings, and webinars for ongoing professional growth.
- **Engage & Connect** – Join discussions, learning collaboratives, and live sessions with peers nationwide.



Center for Applied  
Research Solutions

Ready to  
connect?  
Get in  
touch  
with us.

- Learn more about our work:  
[cars-rp.org](https://cars-rp.org)
- Request support:  
[bit.ly/work-with-cars](https://bit.ly/work-with-cars)
- Explore partnership opportunities:  
[carsinfo@cars-rp.org](mailto:carsinfo@cars-rp.org)





# Let's Stay in Community!



Connect with us on social and keep up with **what's new at CARS.**



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NEW YORK LIFE  
FOUNDATION

# Life After Loss

A vibrant green and blue hummingbird is shown in flight on the right side of the banner, its wings spread and tail feathers visible.

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