

## ***Behind the Scenes***

### ***A Grief Deconstructed***

When Maryanne Pope's husband went to work in September 2000 and never came home again – as the result of a preventable fall at an unsafe workplace – Maryanne found herself on a freefall of her own, into the depths of grief.

When first told her husband was dying of a brain injury, her first reaction was acceptance. Three months later, acceptance was nowhere to be found but rage, resentment, denial, sorrow, and self-pity had become close companions.

Maryanne's presentation is a powerful journey that takes audiences 'behind the scenes' of her personal experience in coming to terms with the death of her husband.

Through honesty, humility, and humour, Maryanne's presentation allows others to realize that regardless of what they are experiencing through the grieving process, they are not crazy, nor alone.



*"After reading Maryanne's book, I felt it was necessary for others to hear her story. The reality is that emergency services personnel do die in the line of duty. It's important that we learn from Maryanne and her life experiences. I'm confident her story can be used as a tool to allow others cope with their loss."*

~ Vince Savoia, Tema Conter Memorial Trust

*"Maryanne's presentation to our volunteers was nothing short of remarkable. The journey she shares is insightful, heartbreaking, hopeful and even hilarious at times. An amazing peek inside the world of someone totally lost in grief. Her open and honest presentation has provided valuable tools for the front line volunteers in their work with families after a loss...a must for anyone working in the field of grief and loss."*

~ Penny Ferguson, Coordinator, Calgary Police Service  
Victim Services Unit



**Maryanne Pope**

Author of the book *A Widow's Awakening*, Maryanne Pope also writes screenplays, play scripts, short stories, and articles. She is a workplace safety advocate, environmental educator and inspirational speaker, as well as the founder and CEO of Pink Gazelle Productions Inc. Maryanne is the board chair of the John Petropoulos Memorial Fund and the executive producer of the *Put Yourself in Our Boots* safety campaign. Maryanne lives on Vancouver Island, BC.

### **Attendees take away the following from Maryanne's presentation:**

- An honest, personal and detailed example of the grieving process, including emotional, psychological, spiritual, and physical components
- Grief is a normal process regardless of how "crazy" one may feel
- A better understanding of why people who are grieving have difficulty sharing their true thoughts and feelings with others
- Healthy coping mechanisms versus unhealthy ones
- Everyone grieves differently

### **This presentation is well suited for the following audiences:**

- Grief counselors
- Emergency services personnel
- Victim Services personnel and volunteers
- Military Family Resource Centre staff
- Peer support counsellors
- Chaplains
- Psychologists/Physiatrists/Social Workers



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