



**The
Compassionate
Friends**
Supporting Family After a Child Dies

ANNUAL RETREAT AT SEABECK, WA

May 30 – June 1, 2025

13395 Lagoon Drive NW, Seabeck, WA 98380

About the Retreat:

For four decades **bereaved parents, grandparents, and adult siblings** have gathered for a weekend on the shores of Hood Canal at the Seabeck Conference Center. This retreat, put on by The Compassionate Friends (TCF) of South King County, offers a space to grieve, heal, and connect with others who have lost a child or grandchild. Adult children, uncles and aunts are also most welcome.

Throughout the weekend you'll have opportunities to attend workshops, listen to insightful speakers, and participate in sharing groups. The pace is relaxed—take time to explore forest trails, paddle in the lagoon, or find quiet moments for reflection.

For more details about Seabeck's history, campus, and directions, visit seabeck.org.

Lodging & Meals:

Lodging:

Rooms are assigned on a first-come, first-served basis, and space is limited. Early registration is encouraged.

Meals:

Seabeck's buffet-style dining in the Historic Inn Dining Hall provides a variety of options, and the large tables let us share meals with friends and meet new people.

Meals included:

- **Friday:** Dinner
- **Saturday:** Breakfast, Lunch, and Dinner
- **Sunday:** Breakfast and Lunch



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Presenters and Workshops

Dr. Bob Baugher, psychology professor emeritus at Highline College, is a nationally known speaker, educator and author on grief, bereavement and death. And he is the professional consultant for TCF of South King County. You can watch some of his talks and read some of his articles on his website: www.bobbaugher.com

Workshops:

1. How to Get Grief Out

“If you sometimes feel a little ‘stuck’ in your grief, join us as we look at common grief reactions, obstacles to getting grief out, and 20 suggestions for working on your grief. In addition, there will be time for group sharing to learn what has worked for others in their bereavement process.”

2. A Workshop on Worry

“Are you worried? The death of a loved one brings a whole new level of worries such as: How can I go on? What’s going to happen next? How is my spouse, sibling, child (or children) coping? In this workshop you will NOT be told not to worry. Instead come with a pen and be prepared to do some writing and sharing with others to focus on what you worry about most and brainstorm strategies for what you can do about it.”

Janée Baugher, MFA (public speaker, educator, author and cross-disciplinary artist) has taught creative writing for over 25 years and was featured at the Library of Congress. She gave her very well received **Creative Writing and Grieving Workshop** at last year’s Seabeck retreat. Her informal, in-class writing exercises can lead to self-discovery and show how writing creatively helps you on your grief and healing journey.

Information on **her 2025 Seabeck workshops** is forthcoming.

Pamela Belyea, M.Ed., is a licensed architect and co-founder of Seattle’s Gage Academy of Art, which she directed for 23 years. After their son died tragically in 2020, she channeled her grief into founding the **Grievers Library**, a non-profit providing free grief books to children, teens and adults in public book boxes around Seattle. In addition, the Grievers Library website offers a directory of grief books in public libraries around the world and a directory of short, meaningful excerpts from grief books (**EZreads**).

Her Keynote Speech: “Life After Loss: Grieving, Healing & Connecting”

For grievors seeking to better understand the twists and turns of their new life without their loved one. Pamela explores the intersecting circles of grieving, healing, and staying connected with those we’ve lost. Her talk will include insights from grief books and inspiring projects



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created by bereaved individuals. After her talk, she invites the audience to share creative experiences that have touched them in their grief — books, music, food, art, etc.

Ron Gallacher and his wife lost their young daughter Lily. Ron is the chapter leader for the Eastside (Kirkland, WA) TCF Chapter and the Washington State TCF Coordinator. He created and hosts TCF National's on-line Book Club, which reads a book a month.

Workshop: Continuing Bonds of Love After Loss

Based on anthropologist Robin Dunbar's book *The Science of Love*. After looking at how Dunbar's work applies to bereaved people, the group will do an exercise to compare our family/friend circles before and after loss, followed by a book giveaway.

Michael McLeod and his wife lost their oldest daughter Selena 33 years ago. He has been an English teacher most of his career and is the chapter leader of The Compassionate Friends of South King County (the south Seattle Metro area).

Workshop: True Colors and the Loss of a Loved One

Looks at the four personality types we are all a combination of. You'll learn what your strong colors and stress color are, and we'll explore how the different Colors experience and live life. We'll look at how the loss of a loved one may impact the Four Colors differently. This can provide insights into why people in grief may feel, think and act differently. Lastly, the audience will have time to talk in their respective Color groups, which is affirming and pleasantly surprising.

Gloria Sanders lost Ralph, her husband of many years, in 2022. The next year she took a helpful grief-coping class through a hospice group and used what she learned to develop her **Grief and Photography Workshop**, which she gave at WIC's Seabeck Retreat last summer. "Your story is unique to you and your relationship with your loved one. The workshop is designed to help you tell your story by focusing on your losses, how you live with your grief, and how you carry the people and things you've lost with you into the future. Explore new ways to understand and express your grief through the camera lens. Go at your own pace. No photography experience required." Bring your camera or cell phone.

**For questions about registration, lodging, or financial assistance, contact
Mike McLeod at 206-369-7366.**



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The Weekend's TCF Schedule:

Friday, May 30th

4:00-6:00 PM	Check-in and Registration
5:15-5:45 PM	Orientation for those new to the Seabeck Conf. Center
6:00-7:00 PM	Dinner in The Old Inn Dining Hall
7:15-7:45 PM	Welcome, introduction of facilitators, and information on the specific sharing groups we will have this evening
8:00-9:00 PM	Sharing groups
9:00-10:00 PM	Get Acquainted Time with the whole TCF group

Saturday, May 31st

8:00-8:50 AM	Breakfast
9:00-10:15 AM	Keynote – Life After Loss: Grieving, Healing and Connecting
10:30-11:45 AM	Workshops/talks
Noon-1:00 PM	Lunch
1:30-2:45 PM	Workshops/talks
3:00-4:15 PM	Workshops/talks
4:15-6:00 PM	Free time until dinner at 6:00 PM
6:00-7:15 PM	Dinner
7:30-8:15 PM	Specific and general sharing groups
8:30-9:00 PM	Candle lighting on the bridge
9:00-10:00 PM	Time to relax, share and have ice cream

Sunday, June 1st

8:00-9:00 AM	Breakfast
9:00-10:00 AM	Free time



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10:15-11:00 AM	Closing ceremony at the TCF Garden
11:00 AM - Noon	Free time
Noon - 1:00 PM	Lunch. Sack lunches can be ordered ahead of time.
1:00 PM	Bid farewell and leave for home

****Please contact and speak with Mike McLeod at 206-369-7366 so we can determine if the Seabeck Conference Center still has rooms available that meet your needs. Most remaining rooms have one or more single beds. some rooms have shared bathrooms and some rooms are accessed by a flight of stairs.**

Limited wheelchair-accessible rooms are available.**

If you share a room with one or more persons, the registration fee for the weekend is \$380 per person. If you request and get a room to yourself, the registration fee for the weekend is \$480 per person. That covers all expenses for the weekend. The Compassionate Friends can help pay part of someone's registration fee, if needed.