

Connor James Mook Hedman

December 15, 2007 ~ January 3, 2025

I just learned about Connor's passing. I'm so sorry to hear about his death. My heart and love are with you.

- Tere Weir

Dear Rachel and family, Keeping you all in prayer. You are loved and cherished. Thank you for being the loving parents, and family, of such an exceptional young man. Sincerely, Lona

- Lona Bartlett

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- Lona Bartlett

I'm saddened to hear the news on Connor. It was my pleasure to work with him and help him academically, where I also got to see Connor's fun personality and creativity. He was so caring and noticed when others were upset or needed help. Thank you for sharing the pictures of his smile. Thoughts and prayers.

- B. Knight

He made me laugh in the darkest of times. He would tell me all about his childhood. He loved his family, they were there in the darkest times. He was a great son, brother, friend, and a great person. He'll forever be missed. Love you Connor.

- Anonymous

I am a peer mentor at pine ridge. Saw many amazing, inspiring sides of Connor. He was truly an inspiration to me as well to all the other kids at pine ridge. He was an amazing, special soul. Will keep Connor and his family in my prayers. Love you all!

- Jace Curtis

Connor was very insightful, knowledgeable, and extremely kind and compassionate. He wanted better for himself and was making positive changes in his life. He was a truly remarkable young man. My sincerest condolences to his family as they grieve this profound loss.

- Anonymous

I never really knew Connor well, however I felt affection for his parents, especially his mother, Rachel. I know that both Rachel and Casey gave all the love that they could to make Connor’s life as special and as full of love as they could. It is indeed sad that Connor’s life was ended so tragically short. My prayers go out to his loving family and to all that knew him. Uncle Jim

- Jim Chevalier

We weren't able to spend a long time with Connor, but the time we did have a few weeks with him. Our whole team is devastated by the loss and our hearts go out to his siblings and parents. It is clear he was very loved and will be tremendously missed. -Alliance Youth Services and the Timpview team

- AYS & Timpview

I worked with Connor at our Pineridge facility since he came all the way until he graduated. I had the opportunity to work with him 1 v 1. One thing about Connor is he was such an inspiration to all of the residents + staff. He had a powerful impact on all of them especially with his words. Connor will be missed and remembered by all those who had the chance to work with him at Pineridge. Sending love and condolences to his family.

- Mekai Laupapa

Sincere condolences and many prayers to the Hedman family. Our families have shared many great storytelling events, babysitting nights, firework parties, and Super Bowl events together.

- David Pack

My favorite memory of Connor was the day he was born. After nine long months of waiting I finally got to see him join the world. Such a cute, perfect infant. I looked into his big beautiful eyes and felt an immediate connection with him. Soon after Connor and I were taken by the nurse to a room where I was able to give him his first bath. My last conversation with Connor was just a brief telephone call where he told that he missed me and he loved me. I will forever cherish these memories of Connor.

- Brian Mook

I am sad to hear of Connor's passing. I had the opportunity recently to work with Connor in the classroom as his art and music teacher. He was a wonderful student filled with creativity and talent. He was kind, and respectful. The type of student a teacher could always count on. It was a delight to have him in the classroom. He was a good kid to have around. My thoughts and prayers go out to his family at this difficult time. May the Lord's spirit console and heal your broken hearts. And may you be blessed with the sweet assurance of a future joyful reunion.

- Clint O

To the mook family I am so sorry for ur loss may he rest in peace

- Jacinda

The first memory I have of Connor was when he was maybe four-years-old with a smile that stretched from ear to ear as he eagerly ‘helped’ as he could at a storytelling festival. A sweet boy with a big heart. My love and prayers for his family. L Wing

- L Wing

So saddened to hear of your loss. I remember Connor coming with you while we were judging a youth storytelling event. He was always there and being helpful where he could. May God give you strength during this time and forever. Much love.

- Laurie Allen

Our thoughts and prayers ■ are with your family at this time!

- The Hamilton's

Im sorry for your guys loss i didnt know him to well but i knew as a genuine person and someone that hung around him he was a good guy and a great friend im sorry again fir your loss

- Camden monsen

Love you Sarah.. I'm sorry

- Gerald Ball

I am so very sorry for your loss. We are storytellers but no words can ease the pain. May Connor’s memory and his story always be a blessing and may they bring you some comfort. God bless you and your family. ■■■

- Carrie Sue Ayvar

My heart cracks with empathy for all of you. I am so sorry.

- Megan Wells

Dear Hedman Family, When Connor was at WHMS, I was the librarian. Last week, I was sad to read that he had passed. His obituary is beautifully written. Discovering that Michael Vey, the Hunger Games, and the Maze Runner were some of Connor's favorite book series touched my heart. Condolences to your family during this difficult time.

- A. Haight

Our son Bridger met Connor at Bingham and soon realized he was in our ward. Connor spent many Sundays sitting with our family enjoying the chaos created by Bridger's younger brothers. He spent hours at our kitchen table telling stories and learning games. He joined us Tuesday nights for volleyball games with my mother and siblings. We had many frank conversations about rules, boundaries, parenting and love. Connor memorized Bridger's number and he knew he could call him when he was in trouble. They spent hours confiding with each other. Our hearts hurt for the Hedman family and everyone who Connor touched.

- Paul and Kira Pedroza family

What I will remember most about Connor is how deeply, deeply he was and is loved. My heart is with you. I am so, so sorry. My heart is with you.

- Misty Mator

I know you must be in a world of hurt now. Losing a child has to be the most painful thing cross to bare. Time will not erase it. Trust in God, and he will give you the strength.

- Joanne Wallendal

I remember babysitting Connor while he was growing up. He always had so much energy! I remember we'd run around the neighborhood catching Pokémon, and he'd show me his martial arts moves. He was always very sweet to me too, he'd give me a hug every time he saw me. I'll miss his for sure, your family was my favorite to work for. I love you all so much and I wish you all the best. I'll light a candle for Connor today; you are all in my prayers.

- Kayla Pack

I have been Conner's next door neighbor for many years. In fact I got to watch him move in with Rachel and Casey at their house on Sunset Park and got to watch him grow and change into the handsome young man he became. The year my first son was born was a hard one. He woke every hour all night, fought every nap, and had a 6 hour "witching hour" each night. That first summer, Conner and Jaiden ding dong ditched me almost every day…usually during nap time. I remember one day I poked my head out, not to gripe, but to say something to them about their timing. I saw him and his brother just giggling the best giggles behind the fence. Like full belly laughs. Giggles that I could hear from a 1/4 acre away. I was brought back to my own childhood ding dong ditching and other shenanigans as I grew up. Those memories are fond ones. Free ones. Ones I will never forget spent with siblings and cousins and good friends running free through our neighborhoods living our best lives. As I felt the warmth of nostalgia wash over me, I opted to say nothing and let them be kids and enjoy themselves. I truly loved watching Conner and Jaiden run wild and free up and down our street as they quickly grew up before my very eyes. I got to bear witness to many years of running and playing, Halloween Costumes, missing teeth, and sweet childhood laughter. Despite his troubles, he was a sweet boy with a sweet soul and I always enjoyed stopping and chatting with him as he came and went.

- Meg Garza

Our thoughts and prayers are with you during this most difficult time. May the "peace of God that surpasses all understanding" guard your hearts and minds in Christ Jesus.

- The Hyma Family

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my brother was a good guy he would always try his best for me but when he died part of my heart was lost i will miss him

- alexis hedman

I am so deeply sorry for your loss. Sending the entire family my love and care.

- Laura Packer

Rachel, Casey and Family. My sincere sympathies to you and all your family. My love and prayers to you in your trials. You are wonderful children of God. I know you have been the best parents you can be. The Plan of Salvation will help you through and may God Bless you with strength, peace and love. Nancy

- Nancy (Wold) Carlton

Our thoughts & prayers are with you

- Jarrod & Lorie Morrill

You all did a wonderful job at the funeral services. Rachel, I loved hearing your stories about Connor. He sounds like he was such a fun little boy. Alexis, I am sorry that your toes were cold! I loved your little story about the glow in the dark bug in the butter. Jayden, you were a great brother to Connor. I always knew that you cared about him deeply. You have a great testimony to share as well. Casey, great job being there and providing stability for everyone. I have missed you all and I feel so grateful to have been a small part of your lives. You all are very special to me. I am so sorry that Connor has passed away. I really liked him, he was funny to talk with and was a great storyteller. I am sure he got that from you, Rachel. Thank you for welcoming me into your home so many times and always so kindly. You are a great family. I am glad that Jayden is still playing Lacrosse. I enjoyed playing catch in the backyard as it got progressively darker. You all are in my prayers.

- Seth W

I grew up with Conner, and was always a blast to be around. And I know it's rough but my thoughts and prayers go to the Hedmans, especially Jaden. I pray he's without pain in a better place

- Ethan Bringhurst

I am so sorry to hear of Connor's passing. My deepest condolences to you and your family at this difficult and sad time.

- Kim Valeika

I know him in high-school we went to aai together. My deepest sympathy is all I can send. He was one of the best people I ever knew he was always hanging out with my friends and I. He'll forever be missed. Rest in peace homie.

- Anonymous

Connor was an amazing person and was the best bf I ever had he never wanted anything more then to make you smile and laugh without Connor idk what id done i love him so so much hope everyone is doing okay and I hope Connor rests easy

- Ari janes

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friend of connor he was a great person and loved

- Gabriel hansen

Hello my name is Meghan, I knew your son he was always very kind to me. I met him freshman year I was really struggling I had a really bad home life but he always looked out for me and always managed to make me smile he had been gone for a few weeks when things hit the fan for me on February 12, 2023 and I found him again in a program. I was very depressed and lonely I came from a very abusive home and I think in some way he could kind of tell. He never fail to make a joke whenever I saw him we would always talk as much as we could get away with, which wasn't a lot with staff and the fact that me and him were both incredibly shy. We started talking more and eventually started dating which I know probably wasn't the best for the situation we were in. I always remember him having the cutest smile he didn't do it a lot I could tell he was sad but he looked really good when he did. When he told me stories of his childhood the happiness would finally reach the eyes that and my clumsyness seem to get a good laugh out of him here and there. I remember him always being a super sweet guy whether it was him writing poems or songs or writing me letter after letter he always had something nice to say. I still have the bracelets he made me, I remember the day he asked me what my favorite color was and the next day I had a new bracelet sometimes I wonder if he still had the bracelet I made him he had told me his favorite color was green at the time. I'll always know him as the guy that loved to go on adventures, who always wanted to explore, learn, and experience new things. Sometimes I'll think about our late night phone calls and how he used to talk about his dreams for the world and what he wanted for himself in life it breaks my heart that he'll never get to experience that. He had so much love in his heart I'm so sorry he didn't have enough time to show the world what he had to offer. I send you my deepest condolences and prayers apon your family.

- Meghan Williams

I I’m sorry for the loss of Connor Headman I now him as a Frend/Brother and a Good person

- Dylan

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hey, I was a close friend of Connor's, and I remember my time with times with Connor were always filled with joy he could always make you laugh even when you are hard core crying. he will always live on in our hearts.

- grace

Its almost been a year without connor's amazing spirt and i can still feel him with us. he was and still is the best boyfriend even in death. i know he loved those around him he will always be with us. i still hang out with our friends and we all miss him so much. for his parents thank you for raising such an amazing soul. we love you connor. i will always love you R.I.P

- unknown