

WALKING A NEW PATH After Your Spouse Dies

Thursdays • May 13 , 20 & 27 • 6:30PM to 8:30PM PST

This series will be held virtually on Zoom (Zoom link sent after registration completed)

Facilitators: Ms Judy Figal, LCSW & Ms Paulina Jaramillo, MA, author of *Life Interrupted*

May 13 • Understanding the Grieving Process

This session will explore the grieving stages/styles, discuss the normal reactions during the grieving process and define some effective coping strategies.

May 20 • Exploring Family Grief and Dynamics

This session will explore family member grief dynamics, discuss balancing support for yourself and others, and define the changes in family roles.

May 27 • Finding Your Next Life Purpose

This session will discuss healing timelines, explore “new normals” and the process of finding meaningful purpose in your life.

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online registration

Register with PayPal

or at the stephancenter.org

Name: _____

Address: _____

Phone: _____ Email: _____

Any needed adaptations: _____

Cost: \$5 for workshop series

Questions? 951.818.6087 or 951.310.4944

Registration concludes **May 7, 2021** • Online at thestephancenter.org or by mail to The Stephan Center PO BOX 77813 Corona CA 92877