

# WALKING A NEW PATH After Your Spouse Dies

Thursdays • August 12, 19, 26 from 9:30-11:30AM PST

Saturdays • August 14, 21, 28 from 9:30-11:30AM 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*

### August 12 & 14 • 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.

### August 19 & 21 • 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.

### August 26 & 28 • 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](http://stephancenter.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Any needed adaptations: \_\_\_\_\_

Cost: \$5 for workshop series

Questions? 951.818.6087 or 951.310.4944

Registration begins **Monday July 19, 2021** on the website or by mail. \$5 fee for all 3 sessions includes materials. The series will also be offered in November, 2021, February, 2022 and May, 2022. Watch for dates and registration information on the website.

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