

WALKING A NEW PATH After Your Spouse Dies

Thursdays • November 4, 11, & 18 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*

November 4 • 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.

November 11 • 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.

November 18 • Finding Your Next Life Purpose

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

sponsored by



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 begins **Monday October 4, 2021** on the website or by mail. \$5 fee for all 3 sessions includes materials. The series will also be offered in February and May, 2022. Watch for dates and registration information on the website.

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