



# Workshop Series for Widows & Widowers November Series

Closed Caption Available

## Walking a New Path

AFTER YOUR SPOUSE DIES

This series will be virtual via  
**ZOOM**  
Zoom link sent after registration completed

Facilitators:

Ms. Judy Figal, LCSW

Ms. Paulina Jaramillo, MA author of *Life Interrupted*

**Understanding the Grieving Process**

November 3 9:30-11:30 AM

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

**Exploring Family Grief & Dynamics**

November 10 9:30-11:30 AM

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

**Finding Your Next Life Purpose**

November 17 9:30-11:30 AM

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

Our Sponsors



Register Online

Register with Paypal or  
At [thestephancenter.org](http://thestephancenter.org)

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

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

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

Any needed adaptation: \_\_\_\_\_

**Cost: \$5 workshop series**

Registration begins October 1, 2023 on the website or by mail. \$5 fee for all 3 sessions includes materials. The series will also be offered in February 2023.

[thestephancenter.org](http://thestephancenter.org)

PO BOX 77813 Corona, CA 92877