



## Workshop Series for Widows & Widowers May 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

May 4 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

May 11 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

May 18 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: \_\_\_\_\_

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

**Cost: \$5 workshop series**

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

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

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