



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 2 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 9 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 16 9:30-11:30 AM

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

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Register
Online

Register with Paypal
or
At 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 2024.

thestephancenter.org

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