



Workshop Series for Widows & Widowers February 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*

Saturdays

Understanding the Grieving Process

Feb 1 9:30-11:30 AM(PST)

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

Feb 8 9:30-11:30 AM(PST)

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

Feb 15 9:30-11:30 AM(PST)

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

Name: _____

Address: _____

Phone: _____ Email: _____

Any needed adaptation: _____

Cost: \$15 workshop series

Registration begins January 1, 2025 on the website or by mail. \$15 fee for all 3 sessions includes materials. The series will also be offered in May 2025.

thestephancenter.org

PO BOX 77813 Corona, CA 92877