

Coping with the Loss of a Spouse



Caring FOR THE
Whole Person

Saturday, July 27th, 2024

Coffee & Registration 9:00am - 9:30am | Program 9:30am - 12:00pm

The death of a spouse brings a unique kind of pain. People who are widowed haven't just lost a loved one—they've lost an entire lifestyle.

So many relationships change as we find new ways to balance life after loss.

Join us for the faith-based **Coping with the Loss of a Spouse** workshop. This program will provide a guided lesson and discussion of the ways surviving spouses can develop tools and techniques to support them as they grieve, and begin to rebuild life.



Upper Room | St. Timothy Catholic Church

29102 Crown Valley Pkwy, Laguna Niguel, CA 92677

***Refreshments Provided**

RSVP: a.leal@alzoc.org or 949-757-3720

Questions? Patty.Mouton@alzoc.org

Brought to the community by:



Caring FOR THE
Whole Person

hoag.

Alzheimer's
ORANGE COUNTY

MEMORY
SUPPORT
SERVICES

With support from:



CareCHOICES™

O'Connor
MORTUARY
Experience Compassion

Aegis Living
Assisted Living | Memory Care

LAGUNA NIGUEL
949-496-8080