

# Grieving the death of a spouse?

*Or do you know someone who is?*



Your life has changed forever. The daily emotions and challenges can seem too hard to bear.

**Find help at a Loss of a Spouse seminar.**

## **You'll hear:**

- Practical advice from others who've been there.
- What to expect in your grief.
- How to cope with life without your spouse.
- Why it won't always hurt this much.

# LOSS OF A SPOUSE

**Please join us for this encouraging seminar.**

