

## Widowhood

It is a loss that consistently ranks as one of the toughest griefs to experience. It is made even more difficult because, in our society, the way we deal with grief seems to be broken.

For those widows out there, can you identify with ...

- Widow brain?
- Feeling like the world is busy and back to normal, but your world was hit by an earthquake?
- Grief triggers such as the aisle in the grocery store where you always bought your person's favorite snack or a once favorite song that is now hard to listen to?
- The emptiness in the car or at the dinner table where you once had your favorite companion
- Driving home, looking forward to sharing your experience, only to realize, "wait, my person is no longer there ..."? Or just driving home to an empty house?
- If you are now a solo parent trying to navigate an existence that "you didn't bargain for" and longing for your backup when you are outnumbered in tough situations and decisions?
- Anticipatory grief at wedding anniversaries, birthdays, or even the anniversary of your loss?
- Negative changes in your address book?

This group is for widows. Our goal is to chart a path forward that includes ...

1. Meaningful, supportive discussions
2. Grief activities that act as tools for your grief journey
3. An art project or two
4. Field trips and social events
5. Camaraderie and compassion

Most importantly, we are seeking laughter, encouragement, and sharing of resources while knowing full well that tears are "ok."

If you have been widowed for 6 months, 1 year, 3 years, 5 years, 7 years ... all are welcome. Please join so we can learn from and support each other.