

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.

GRIEF SHARE

griefshare.org/spouse

September 14th 10 AM-Noon or 2-4 PM
Lakeview Chapel 607-687-3261
185 Day Hollow Rd. Owego, NY
Pre-register at griefshare.org/spouse