

Coping with the Loss of a Spouse



Caring FOR THE
Whole Person

Saturday, September 13th, 2025

Coffee & Registration 8:30am - 9:00am | Program 9:00am - 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 ecumenical, 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.



In the Hall | St. Timothy Catholic Church

29102 Crown Valley Pkwy, Laguna Niguel, CA 92677

RSVP: Celina.Berenguer@alzoc.org or (949) 757-3720

Brought to the community by:

