



Coping with the Loss of a Spouse

Saturday, September 12, 2026

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.



Parish Hall | St. Timothy Catholic Church

29102 Crown Valley Pkwy, Laguna Niguel, CA 92677

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