

# 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.**

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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.
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# LOSS OF A SPOUSE

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

GRIEF  SHARE®