

# Widowed Community

## Tools for the “New Normal” Journey 2011 Conference

A safe environment to meet others  
who also lost a spouse or partner.

*Friday evening Ice Cream Ice Breaker. Over 20  
speakers Saturday and Sunday presenting  
a wide array of practical topics:*

Coping Strategies 🍷 Dating and New Relationships  
Men’s Grief 🍷 Journaling Your Way Through Grief  
Long-Term Care Insurance 🍷 Parenting Grieving Children  
Car Care 101 🍷 Family Issues 🍷 Operating Your Home  
Self Care 🍷 Legal and Tax Issues 🍷 Health Insurance  
Mortgage Basics 🍷 Complex Grief 🍷 Bankruptcy  
Getting through the Holidays 🍷 Remembrance Ceremony  
Cooking for One 🍷 Growing Through Adversity  
Dealing with DGI’s (people who Don’t Get It)  
Financial Organization 🍷 Financial Security



Keynote Speaker:  
**Dr. Phyllis Silverman**,  
author of: *Continuing  
Bonds, A Parent’s Guide to  
Raising Grieving Children*,  
and many others

October 28-30, 2011  
Tempe, Arizona



# \$195

per person includes Ice Breaker, 3  
meals, and entrance to all sessions.  
(Does not include accommodations. Discounted  
rates through Four Points by Sheraton)

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and Exhibitors

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