

The Next Chapter...

A semimonthly program of wise and practical suggestions for those who are new to living alone.

“My husband paid all the bills and handled all the finances. I am shattered. What do I do?”

Dealing with loss is difficult, and so is learning to live a new life without the companionship of a loved one. Many new experiences emerge and many can be difficult to deal with. The purpose of this support group is to offer positive support, provide an upbeat social setting for the sharing of experiences and learning and understanding ways to deal with grief and loneliness. Through mutual support and shared experiences, finding and beginning a new life and developing a new lifestyle can be accomplished.

This group meets twice monthly at Hospice House and is open to all widows.

Discussions focus on “*The Next Steps: Where to Begin,*” being alone and ways to cope, family matters, social life, traveling, repairs, finances, the opposite sex, personal vulnerabilities and more...

- There is no fee.
- All widows are welcome.
- Call the Talbot Hospice Foundation at 410-822-6681 for additional information. 