



Jewish Senior Services®

excellence in our home and yours

Your Senior Source

VIRTUALLY SPEAKING LECTURE SERIES

Navigating the Holidays After Losing a Loved One

Thursday, November 3, 2022
3:00 pm

Presented by:

Veronica Webb, LMSW, Hospice Social Worker

Topics For Discussion include:

- Ways to Honor/Memorialize Your Loved One
- Grieving vs Mourning
- Coping with Grief
- Self-care for the Bereaved

Lecture Duration: 1 Hour

RSVP by October 31 to:

mpruzinsky@jseniors.org or 203-365-6474

This session takes place virtually via Zoom

(link will be emailed to registered participants as the date nears)

The Harry and Jeanette Weinberg Campus
4200 Park Avenue, Bridgeport, CT 06604
jseniors.org

Jewish Senior Services continues to host free educational seminars to raise awareness of the challenges facing older adults and families. The series is presented by JSS staff, who provide the expertise and support services to those living with these challenges.



**Learn more about
services provided by
Jewish Senior Services:
1-833-JSS-LINK (577-5465)**