

## Love after Loss

### Program Objective

The *Love after Loss* wellness program offers both women and men a learning environment which is safe, welcoming and non-judgmental. The program provides 6 weeks of psycho-education which explores the necessary elements of a healthy, long-term relationship. As an outcome, participants are more aware of their individual readiness to search for a new potential partner. The program resources include audio/video media, handouts and time will be allocated for questions and group discussion.

### Program Goals

- Effective expression of Self-Identity and Value Discovery
- Understanding the fundamental principles of Love theories
- Developing skills for Communication and Conflict Resolution
- Distinguishing between Dating vs. *Courting*
- Learning how to build relationships

### Program Access

The ideal participant has *already* grieved and mourned their prior relationship, through separation/divorce or spousal loss. Each candidate will be screened prior to being considered for admittance into the program.

**Start date & time:** Monday, October 18, 2021 (6 sessions) @ 7:00 pm Online *via* Zoom

**Total cost:** \$180 (some subsidies are available)

**Contact:** For more information and to register please contact:

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