

Widowed Support Network (Red Deer and Area)

A support group for men and women who have lost their spouse through death.

The death of a spouse has been identified as one of the greatest stresses a person can experience. The emotional upheaval and social readjustment can often be overwhelming and debilitating.

The purpose of the *Widowed Support Network* (WSN) is to help people in Red Deer and area who are dealing with the death of a spouse. Through support groups, seminars, recommended literature and social events, WSN provides the support our society can lack. In our support network we understand the devastation of grief and the tremendous silence and loneliness this loss can leave behind. Our group leaders are themselves widowed and empathic to those we support.

About us: What you can expect for our group...

- the support network is led by volunteers
- we are not therapists or counselors
- we are not a dating service; we provide a safe place to interact with others who have experienced the death of a spouse

How we hope to help

- **Support Group Meetings** – monthly support group meetings are offered in Red Deer. These meetings allow widowed people to meet and find support from others. The setting offers a place where feelings, concerns and problems of the bereaved may be expressed to others who have “been there” and can offer support out of their own experiences.
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- **Social Activities** – Social activities are organized by WSN participants. Events could include game nights, various dinners, Red Deer area attractions and much more.

Practical Life Skills – “how to’s – a variety of coaching sessions for topics such as cooking, baking, vehicle maintenance, yard maintenance, laundry, finances and more.

When we Meet – normally the 3rd Friday of the month, from 7:00 to 9:00 pm

Where we Meet – New Life Fellowship Church
20 Kelloway Crescent, Red Deer
(on 77th St. one block west of Gaetz Avenue behind Totem.

How you can contact us. Email widowedsupportnetwork@gmail.com