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2025 FREE Webinars

End-of-Life & Advance Care Planning

Your “Peace of Mind” End-of-Life Plan

*How to Decide, Discuss, and
Document Your Final Wishes
BEFORE You Go*

- February 4
- May 6
- August 5
- November 4

Advance Care Planning Made Easy

*How to Decide, Discuss,
and Document Your
End-of-Life Wishes*

- February 11, 18, 25
- May 13, 20, 27
- August 12, 19, 26
- November 11, 18, 25

After Death Care & Support

*How to Make Your
Final Arrangements*

- March 4
- June 3
- September 2
- December 2

Conversations On Grief Education and Support

Nature Heals

*Reconciling Your Grief
Through Engaging with
the Natural World*

- March 13
- June 5
- September 11
- November 20

The Guilt of Grief

*How to Express Guilt
and Regret After a Loss*

- February 13
- April 24
- August 7
- October 22

Expected Loss

*Coping with Anticipatory
Grief*

- January 23
- April 3
- July 17
- October 2

Finding Meaning After Loss

- February 27
- May 8
- August 21
- November 6

You’re Not Crazy Your Grieving

6 Steps to Surviving Loss

- February 6
- April 17
- July 31
- October 16

The Anxiety of Grief

*How to Understand, Soothe,
and Express Your Gears
After a Loss*

- February 20
- May 1
- August 14
- October 30

Grieving the Other Losses

*Acknowledging and
Mourning All Your Losses
Along Life’s Path*

- March 20
- June 12
- September 18
- December 4

If You’re Lonely

Finding Your Way

- March 6
- May 15
- August 28
- November 13

Too Much Loss

Coping with Grief Overload

- March 27
- June 19
- September 25
- December 11

What to Say and What NOT to Say to Someone Grieving

- January 30
- April 10
- July 24
- October 9

Register FREE – www.KitchenTableConversations.org