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2025 FREE Webinars

Five-Part Series

End-of-Life Planning

Attend one or all five webinars based on what you may already know.

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

Anticipatory Grief Drop-In Support Groups

- 1st Wednesday
- 3rd Wednesday

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 Fears 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