



2025 FREE Webinars

July – December

Sponsored By



Five-Part Series

End-of-Life Planning

Your “Peace of Mind” End-of-Life Plan

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

- August 5
- November 4

Advance Care Planning Made Easy

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

- August 12, 19, 26
- November 11, 18, 25

After Death Care and Grief Support

How to Make Your Final Arrangements

- September 2
- December 2

Conversations On Grief

NEW! Anticipatory Grief Drop-In Support Groups

- 1st Wednesdays
- 3rd Wednesdays

Nature Heals

Reconciling Your Grief Through Engaging with the Natural World

- September 11
- November 20

The Guilt of Grief

How to Express Guilt and Regret After Loss

- August 7
- October 23

NEW! Men and Grief

Why Men Grieve Differently and How to Support Them

- August 14
- October 30

Expected Loss

Coping with Anticipatory Grief

- July 17
- October 2

Finding Meaning After Loss

Releasing the Pain, Remembering with Love

- August 21
- November 6

NEW! When Your Pet Dies

Mourning, Remembering, and Healing After Pet Loss

- September 18
- December 4

You’re Not Crazy Your Grieving

6 Steps to Surviving Loss

- July 31
- October 16

If You’re Lonely

Finding Your Way

- August 28
- November 13

Too Much Loss

Coping with Grief Overload

- September 25
- December 11

What to Say and What NOT to Say to Someone Grieving

- July 24
- October 9

Register FREE – www.KitchenTableConversations.org