



2026 FREE Webinars

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Five-Part Webinar Series

End-of-Life

Planning Made Easy

**Register FREE for one or all five.
ZOOM link is the same for all.**

Your “Peace of Mind”

End-of-Life Plan

Your Legacy, Must-Have Documents, and What to Do with Your Stuff

- February 3
- April 7
- July 7
- September 1
- November 3

Advance Directives

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

- February 10, 17, 24
- April 14, 21, 28
- July 14, 21, 28
- September 8, 15, 22
- November 10, 17, 24

After Death Care and Grief Support

How to Make Your Final Arrangements

- March 3
- May 5
- August 4
- September 29
- December 1

Conversations On Grief

Education and Support

Expected Loss

Coping with Anticipatory Grief

- March 5
- April 9
- July 9
- October 1

Creating Your Grief Plan

Helping You Heal the Pain and Live Fully as You Grieve

- March 12
- April 16
- July 16
- October 8

What to Say and What NOT to Say to Someone Grieving

- March 19
- June 4
- August 6

The Guilt, Regret, and Anger of Grief

How to Express Guilt, Regret, and Anger After a Loss

- March 26
- June 11
- September 3

If You're Lonely

Finding Your Way

- April 30
- August 13
- October 22

Men and Grief

Why Men Grieve Differently and How to Support Them

- June 18
- August 20

Nature Heals

Reconciling Your Grief Through Engaging with the Natural World

- May 7
- October 29

Finding Meaning After Loss

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

Too Much Loss

Coping with Grief Overload

- May 21
- November 12

Anticipatory Grief Drop-In Support Groups

Tuesdays – 7:00 pm to 8:00 pm CT

1:1 Peer Support

Donation-Based – Call 512-787-3402

Register FREE – www.KitchenTableConversations.org