



**Beginning Experience of the Hudson Valley
invites men and women of all ages
who have suffered the loss of a spouse
due to death, divorce or separation to a multi-session remote
program:**

COPING WITH LIFE ALONE

**Take the first step on the road to recovery from one of life's
most traumatic experiences.**



**Program begins
Sunday, January 30, 2022**

**At
1PM**

Remote Attendance Only

**REGISTRATION REQUIRED: Call Denise 845 325
3147 or Victoria 860 993 5469**

**Email: beginningexperienceofhv@gmail.com
Website: www.beginningexperiencehv.org**