

Bakken Young

Funeral & Cremation Services

Presents

Dinner for One: Shattered Hopes and Dreams After Your Spouse or Partner Dies

FREE! Join us via Zoom Webinar

Tuesday, April 22, 2025 | 6:30 - 8:00 PM



Loss is common. Even so, some losses carry more weight than others. For this session, the death of a partner or spouse will be the focus. Attention will be given to the layers of loss after such a death with suggestions for grieving processes that promote healing. Practical steps to take as time passes will be included. Here are some examples of topics:

- becoming a widow or widower
- absence of regular routines
- loss of intimacy
- addressing the tasks done by the partner/spouse
- family responsibilities (caregiving)
- daily reminders from morning to going to bed

Ted Bowman is a widower, since 2020. He is also a father, stepfather, grandfather and brother. His work is as a grief educator aiding persons, organizations and communities in facing disruptive changes and the resulting loss and grieving.

Register: bakken-young.com/event/grief-webinar

Questions? Contact Julia Rajtar, Grief Support Coordinator at 715-781-4003 or julia@bakken-young.com.

For more information go to bakken-young.com/grief-support-links.

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