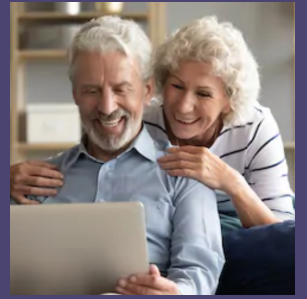




Jewish Senior Services[®]

excellence in our home and yours



Virtually Speaking *Your Senior Source*

Jewish Senior Services continues to host free educational seminars to raise awareness of the challenges facing older adults and families. The series is presented by JSS staff, who provides the expertise and support services to those living with these challenges.

LECTURE SERIES

November 4, 2 pm EST

Presentation via zoom

Navigating the Holiday Season After Losing a Loved One

Presented by: Veronica Webb, LMSW
Hospice Social Worker

Topics For Discussion include:

- Ways to Honor/Memorialize Your Loved One
- Grieving vs Mourning
- Coping with Grief
- Self-care for the Bereaved

RSVP by October 28 to: mpruzinsky@jseniors.org or 203-556-1619

Lecture duration 1 hour

The Harry and Jeanette Weinberg Campus
4200 Park Avenue, Bridgeport CT 06604

Learn more about services provided at Jewish Senior Services
1-833-JSS-LINK (577-5465) or visit www.jseniors.org