



THE POWER OF COMMUNITY

Inclusive, Secular, Life Affirming Programs.

WE BELIEVE IN THE POWER OF COMMUNITY.

Soaring Spirits offers innovative programs that provide resources and community to widowed people around the world. Our online and in-person programs are inclusive, positive and secular allowing us to serve a diverse population. Access our programs from the comfort of your own home, or meet up with other widows and widowers near you. For more information about our unique programs please visit us at www.soaringspirits.org.

WIDOWED PEN PAL PROGRAM will match you with another widowed person for one-on-one supportive e-mail correspondence.

WIDOW'S VOICE BLOG is written by widowed people who share the ups and downs of their own widowed journeys as they live them. The blog features a new post written by a widowed author every day.

REGIONAL SOCIAL GROUPS provide an opportunity for virtual and/or in-person social gatherings with other widowed people in your local community. Find understanding, friendship, and peer support at every gathering.

CAMP WIDOW® are weekend or one day events hosted up to six times a year that create a global widowed community through which you will find understanding, research-informed resources and hope for the future.

YOU ARE NOT ALONE OUTREACH CARDS are easy-to-carry business cards designed to allow you to quickly share Soaring Spirits program information (and your own contact information, if you wish) with any widowed person you meet.

THE SOARING SPIRITS RESILIENCE CENTER located on the campus of Schreiner University, conducts research regarding the widowed experience and utilizes collected data to create research-based training programs and assessment tools designed specifically for widowed people.



WIDOWED VILLAGE is an online community that will give you access to other widowed people each and every day from the comfort of your own home. Join the village to access forum discussions, age specific groups, connections with people whose loved one died in the same manner as yours, and ongoing virtual programs.

NEWLY WIDOWED VIRTUAL PROGRAM

(Tuesdays, 3:00 PM PDT)

This weekly virtual program accessed through widowed village, offers research-influenced resources designed to address the needs of those who have been widowed within the last year. The program will include guest speakers, educational videos, and resource sharing related to the specific topic chosen for each meeting. Anyone widowed within the last year is welcome to attend, and we look forward to having you join us.

Social Media is a great way to connect with our huge community of support.

Follow us to join the conversation:

Email us: contact@soaringspirits.org

Facebook: [soaringspiritsinternational](https://www.facebook.com/soaringspiritsinternational)

Instagram: [@soaringspiritsintl](https://www.instagram.com/soaringspiritsintl)

Twitter: [@soaringspirits](https://twitter.com/soaringspirits)

