



WIDOWED SUPPORT PROGRAM

For anyone 21+ grieving the death of a spouse or partner whether recent or years ago.

SECULAR, TRAUMA-INFORMED, LGBTQ & NEURODIVERGENT-AFFIRMING

PURPOSE

- Initiate the step from survival mode to healing
- Learn practical strategies for healthy coping and nervous system regulation
- Receive guidance on solo parenting, children's grief, and neurodivergent needs
- Process your unique widowhood experience in a safe, non-judgmental space
- Utilize journaling for self-discovery and to work through challenging themes
- Build connections with others who understand, and gain additional resources

LOGISTICS

- Virtual sessions- limited to 12 participants (no drop-ins)
- Pay What You Can Plan- *no one turned away for lack of funds*
- Created & facilitated by Andrea Row: integrative grief coach, AuDHD therapist, Reiki master, and widowed mom

**TO REGISTER FOR ANY SESSION,
CALL ANDREA AT
716-336-8637**

More details found at:
www.arrowintegrative.com

APRIL 2026

10 Weeks on Thursdays

4/9 - 6/11

6:30-8pm EST
5:30-7pm CST
3:30-5pm PST

SEPTEMBER 2026

10 Weeks on Thursdays

9/10 - 11/12

6:30-8pm EST
5:30-7pm CST
3:30-5pm PST

JANUARY 2027

10 Weeks on Thursdays

1/14 - 3/18

6:30-8pm EST
5:30-7pm CST
3:30-5pm PST