



ARROW Integrative Coaching LLC

ARROW 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

- LOCATION: Laurel's Grief Center in Tonwanda, NY
- SPACE IS LIMITED to 10 participants (no drop-ins)
- COST OF PROGRAM: None
- 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

**FALL
2026**

10 Weeks on Tuesdays

9/8 - 11/10

6:30-8pm

**SPRING
2027**

10 Weeks on Tuesdays

4/13 - 6/15

6:30-8pm