

As you navigate the wilderness of widowhood, you may wish to connect with other widowed people by exploring your similar experiences. Use this space as a way to record and recall those with whom you identify

SOARING SPIRITS PROGRAMMING

Widow's Voice Blog Library

Features a new blog post every day.

Widowed Village Forum

24/7 access to an online community.

Regional Social Group Events

Local gatherings with other widowed people.

Camp Widow®

A weekend-long event that is held twice a year.

You Are Not Alone Outreach

Easy-to-use cards for sharing Soaring Spirits information.



www.soaringspirits.ca

MARRIAGE & PARTNERSHIP

ORGAN DONATION

CHILDREN & PARENTHOOD

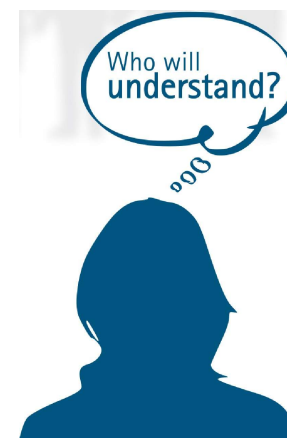
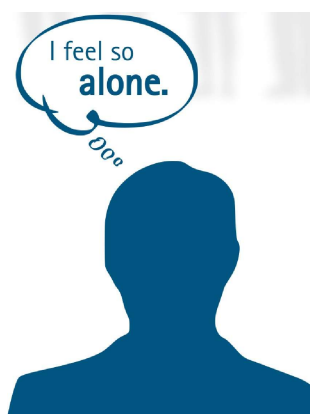
MENTAL HEALTH POST-LOSS

FAMILY SUPPORT



NAVIGATING THE WILDERNESS OF WIDOWHOOD

Building an inclusive and positive community starts with acknowledging the diverse experiences of widowhood.



The death of your partner is a profoundly unique experience. You may find yourself longing to find someone who can understand. As you navigate the wilderness of widowhood, you will find that other widowed people understand much of what you are going through.

Some parts of your story may still be different from others' experiences. Inclusive conversations require an awareness and understanding that humans have a wide range of beliefs and lifestyles. You may encounter widowed people who are different from you in their religion or spirituality, political views, gender identity and sexuality.

WHERE TO BEGIN

When speaking about your experience, use "I" statements. Keep in mind that what works best for you isn't necessarily what is best for someone else.

Avoid using the phrases "you should" or "at least." Avoid assessing someone else's experience as "better" or "worse" than yours.

Sometimes, when we finally find a widowed community and feel comfortable, we blunder and say something hurtful.

In these situations, "I'm sorry" goes a long way. If you want another try at a conversation, say so! And if you are on the receiving end of a poorly worded comment, try to be generous if an apology is offered



DIVERSITY IN THE WIDOWED COMMUNITY

Marriage & Partnership



- Some marriages spanned decades while some were just beginning
- Some were separated or divorced from their partner at the time of their death
- Some were not yet or not intending to be legally married
- Some have now re-partnered, while others may choose to never re-partner

OTHER SIGNIFICANT DIFFERENCES

Organ Donation

- Some are uncomfortable with organ donation
- Some wanted to donate their partner's organs and could not
- Some were organ recipients before their death
- Some were organ donors at the time of death

Children & Parenthood

- Some had children or were awaiting the birth of a child
- Some wanted children but had not yet had them
- Some never intended to have children
- Some are now separated from children who were not legally their dependents

Mental Health Post Loss

- Some seek medical treatment for anxiety, depression
- Some use counselling or therapy and support groups
- Some use holistic methods like Reiki and meditation

Family & Support

- Some have no family or support system
- Some have a large family or support system
- Some feel alienated from their family or support system post-loss