



# The Power of Community



*Inclusive, Non-religious, Life Affirming Support*

## WE BELIEVE IN THE POWER OF COMMUNITY.

Soaring Spirits creates welcoming programs that bring hope, connection, and support to widowed people everywhere. Whether you join us online or in person, you'll find an inclusive and caring community where everyone belongs. From the comfort of your home or at local gatherings, you'll discover resources and friendships that remind you—you are not alone. To learn more about our programs and how they can inspire your journey, please visit us at [www.soaringspirits.ca](http://www.soaringspirits.ca).

**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®** is a special weekend gathering held twice a year, designed just for widowed people. It's a place where you'll meet others who truly understand, discover helpful resources, and find encouragement for the road ahead. Together, we create a caring global community filled with connection, support, 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.

**SOARING SPIRITS RESILIENCE CENTER** Based at Schreiner University, SSI studies the widowed experience and uses what we learn to create helpful training programs and tools designed just for widowed people.



**WIDOWED VILLAGE** is an online community that will give you access to other widowed people 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 based out of Soaring Spirits International)*

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.ca](mailto:contact@soaringspirits.ca)

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

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

Threads: [@soaringspiritscanada](https://www.threads.net/@soaringspiritscanada)

