



## 6 Week Interactive Series

Thursdays 3:30 - 5:30 pm  
Beginning March 5, 2026  
FREE to Members

## Hope & Healing for Widows

### Facing the Challenges of a Widow

**with Barbara Barski-Carrow, Ph.D.**

AUTHOR & SPEAKER

Join Dr. Barski-Carrow for a discussion about:

- Grief
- Anxiety
- Stress
- Loneliness
- Self-Care
- Self-Esteem
- Relationships
- Resilience
- Using Coping Tools
- Finding Support Systems

*Helping you cope with the loss of a loved one, the loss of a financial partner, a social partner, and emotional partner, and hopes for the future.*

**For more information or to register, please call the  
Lewes Senior Activity Center at 302-645-9293.**