

HORIZON GRIEF RESOURCE CENTER

SELF CARE NEWSLETTER

ASK THE EXPERT: Q&A ABOUT INTIMACY THROUGH GRIEF WEBINAR

It is not uncommon that people start to wonder about how intimacy can play into their lives as they are grieving, but we know it's also hard to know who to talk to about these questions. Let's remove the discomfort around the sensitive topics of love, intimacy, and sex through our grief journey.

We welcome Dr. Cynthia Rassiga-West, a mental health expert, who will help guide us through talking about these sensitive, but important issues on Wednesday August 11th at 3:00 pm.

Important Note: To increase participant's comfort, this webinar will be a confidential program- participants will not be able to see or interact with each other. We also have a confidential survey that will be available for registrants to ask questions prior to the program. This link will be shared via email once a participant has registered for the program.

For our Ask the Expert registration only: <https://www.surveymonkey.com/r/QAgrief2021>



LET'S TALK ABOUT SEX (AND GRIEF)

Check out this article by
What's Your Grief?

<https://whatsyourgrief.com/s/ex-and-grief-1/>



AM I READY TO DATE?

Check out this article from
What's Your Grief?

<https://whatsyourgrief.com/w/idow-dating-am-i-ready/>



SEX AFTER GRIEF

Check out the book *Sex After Grief: Navigating Your Sexuality after Losing your Beloved* by Joan Price

<https://joanprice.com/books/s/ex-after-grief>

ASK THE EXPERT REGISTRATION ONLY:

**[HTTPS://WWW.SURVEYMONKEY.COM/R/QAGRIEF
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