

# The Next Chapter

The Next Chapter is a social support and educational program helping widows and widowers adjust to the loss of their loved one. Through this program, Tooele County Aging Services hopes to reinforce a sense of purpose and belonging in our community in those who are grieving. Each month, join others who are on the same page as you and begin a new chapter in your life story. For details or to ask questions, please call Sarah at 435-277-2440.

**Tuesday, November 13<sup>th</sup>**

**6:30-7:30pm**

**Tooele County**

**Health Dept. Bldg., Room 180**

151 N. Main Street, Tooele

## *Hope for the Holidays*

Join us for this community wide event that will acquaint attendees with community resources, provide tips for coping with grief during the holiday season, and share ideas for celebrating loved ones we've lost.

**Thursday, December 6<sup>th</sup>**

**11 am - 12 pm**

**Tooele County**

**Health Dept Bldg., Room 180**

151 N. Main Street, Tooele

## *Spreading Cheer*

Volunteers needed! Come lend a hand in putting together holiday donations for the Children's Justice Center. The staff asked that I let you know how much they have appreciated these packages the past 2 years. They are looking forward to smiles from their clients, when they hand out the mugs again.

**Tuesday, January 8<sup>th</sup>**

**11:00 to 12:00**

**Tooele Senior Center**

**Conference Room**

59 E. Vine Street, Tooele

## *Welcome the New Year*

You're invited! Come to a round table discussion about ways to strengthen our resiliency in the new year.

