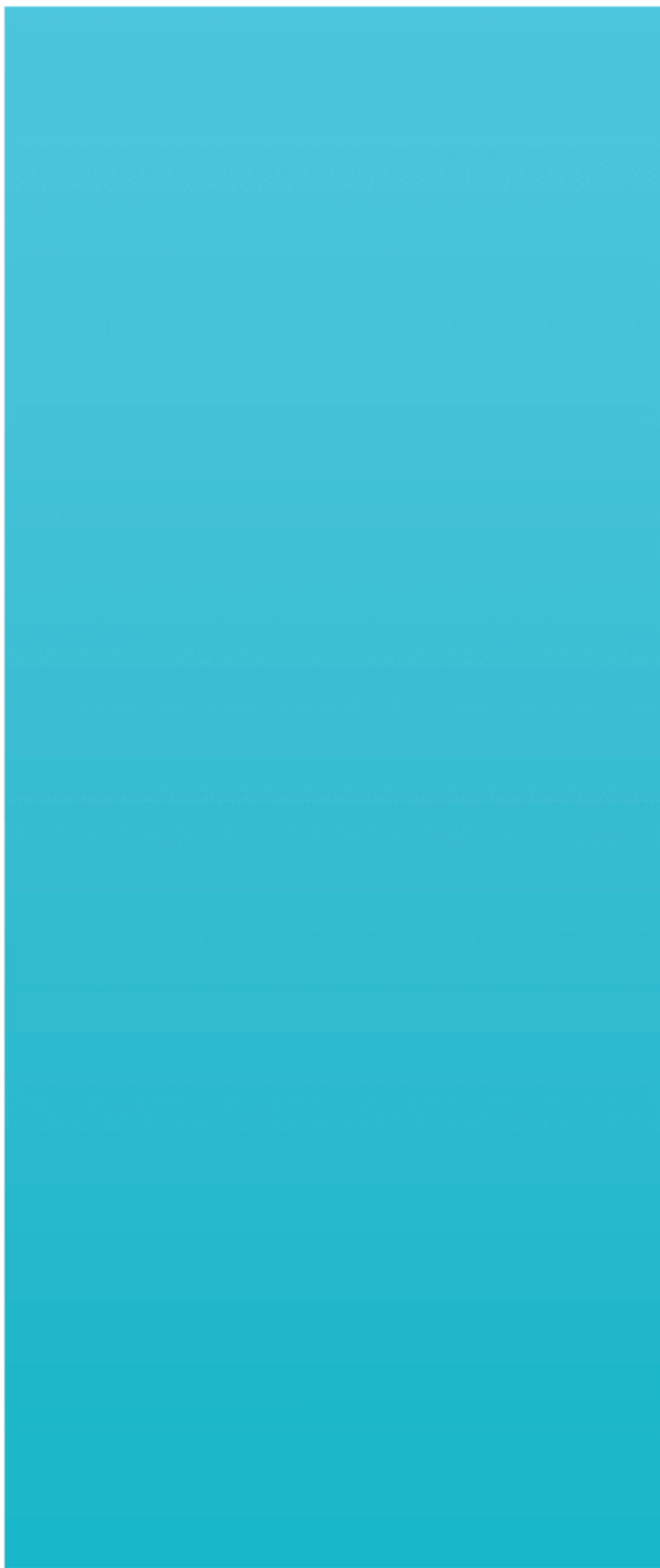




ncjwjeansteinbloch  
**wifewidowwoman**  
from grief toward growth



NCJ  $\Sigma$  STL

National Council of Jewish Women St. Louis

# WHAT IS WIFE WIDOW WOMAN?

The Jean Stein Bloch Wife Widow Woman program is a support group to help women who have lost their life partners. The program's support network bridges the gap between grief and growth as women strive to meet life's new challenges.



*"We can say things that we would never say to our family or friends. Being a part of this group has helped me feel better about myself"*

*-WWW Participant*

# WHO DO WE HELP?

Women may be of any age, race or religious background. The program offers a non-judgmental atmosphere where they may freely express their feelings in a group setting. Recognizing emotions and sharing them with others assists participants as each begins to figure out her path forward.



*"Only women who are experiencing similar emotions are able to be most supportive as one tries to rebuild a life after such a loss"*

*-WWW Participant*

## HOW DO WE HELP?

Each group in the Wife Widow Woman program is led by a professional social worker and a lay leader familiar with the realities of losing a partner.

The program creates a support system in a safe, confidential and nurturing atmosphere where common realities and challenges can be explored.

Each session is 90 minutes and meets twice monthly for 5-6 months.

Confidentiality and commitment to the group process are essential for a successful program. Once a group begins, it is closed to new members.

# HOW DOES NCJW SUPPORT THE PROGRAM?

The program is generously underwritten by Bernard and Sally Stein, Berger Memorial and Susan Turken. Contributions are welcome.



*"I thought it would be hard to hear others' stories...instead, I found it comforting."*

*-WWW Participant*



# WHAT WILL YOU GAIN?

Many widows experience shock, loneliness, guilt, anger and anguish with the loss of their companion, lover, friend, and confidante. Participants find that the program offers:

- A safe and supportive place to express themselves
- Comfort from knowing that others are listening and understanding
- Opportunities to explore strategies for meeting life's new challenges

Since its inception in 1976, over 900 women have participated in the program. Their feedback consistently affirms the benefits of learning in a supportive environment composed of women who have experienced the same loss.

Learn more, get involved or donate  
by visiting [ncjwstl.org](https://ncjwstl.org) or  
by calling 314.993.5181

NCJW St. Louis is inspired  
by Jewish values to **advance**  
**social and economic justice**  
for all women, children  
and families

A **faith** in the future  
A belief in **action**



Flower photo credits to Roland Martir

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