## HORIZON GRIEF RESOURCE CENTER SELF CARE NEWSLETTER

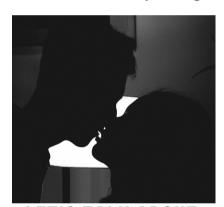
## ASK THE EXPERT: OBA ABOUT INTIMACY THROUGH GRIEF WEBINAR

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: <a href="https://www.surveymonkey.com/r/QAgrief2021">https://www.surveymonkey.com/r/QAgrief2021</a>



LET'S TALK ABOUT
SEX (AND GRIEF)

Check out this article by
What's Your Grief?
<a href="https://whatsyourgrief.com/s">https://whatsyourgrief.com/s</a>
<a href="mailto:ex-and-grief-1/">ex-and-grief-1/</a>



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/QAGRIE F2021