

# We believe in the power of community.

Soaring Spirits offers innovative programs that provide resources and community to widowed people around the world. Our online and in-person programs are inclusive, positive and secular allowing us to serve a diverse population. Access our programs from the comfort of your own home, or meet up with in-person with other widows and widowers near you, every Soaring Spirits program is inclusive, secular, and life affirming. For more information about our unique programs please visit us at [www.soaringspirits.org](http://www.soaringspirits.org)

**Widowed Pen Pal program** will match you with another widowed person for one-on-one supportive e-mail correspondence.

**Widow's Voice Blog** is written by seven different widowed people who share the ups and downs of their own widowed journeys, as they live them. The blog features a new post every day.

**Widowed Village** is an online community that will give you access to other widowed people around the clock, each and every day, from the comfort of your own home. Join the village to access forum discussions, age specific groups, and a live 24/7 chat room.

**Regional Social Groups** provide an opportunity for in-person social gatherings with other widowed people in your local community. Find understanding, friendship, and peer support at every gathering.

**Camp Widow®** is a weekend event, hosted three times a year (San Diego, Tampa, and Toronto) that creates a global widowed community through which you will find understanding, resources and hope for the future.

**You Are Not Alone Outreach Cards** are easy-to-carry business cards designed to allow you to quickly share Soaring Spirits program information (and your own contact information, if you wish) with any widowed person you meet.

**The Soaring Spirits Resilience Center** located on the campus of Schreiner University, conducts research regarding the widowed experience and utilizes collected data to create research-based training programs and assessment tools designed specifically for widowed people.

**Social Media** is a great way to connect with our huge community of support, follow us to join the conversation.

Facebook [facebook.com/soaringspiritsinternational](https://facebook.com/soaringspiritsinternational)

Twitter [@soaringspirits](https://twitter.com/soaringspirits)

Instagram [@soaringspiritsintl](https://www.instagram.com/soaringspiritsintl)

Contact us [contact@soaringspirits.org](mailto:contact@soaringspirits.org)

