

The Widowed Persons Association of California, Sacramento

Help and community are always nearby

COURTESY PHOTOS

Life has many seasons, and thankfully there are resources to help us navigate the highs and lows that are inevitably sent our way. Sometimes we aren't even aware such resources exist until we experience a need.

The Widowed Persons Association of California, Sacramento (WPAC™), is a non-profit, non-denominational community service organization and is an excellent resource dedicated to helping widowed men and women of all ages overcome grief after the loss of their spouse.

WPAC™ was chartered in 1986. It is more than just a place to meet. The primary goal of the group is *“to provide a safe place where widowed people experiencing hurt and loneliness may find solace, comfort, and encouragement among other widowed people”*. The organization offers two excellent support groups. The first, Sunday Support Group, meets every week for two-hours from 3-5 PM. The second is the six-week Grief Recovery Workshop held four times per year. Sunday Support is led by trained facilitators, sensitive to the needs of the bereaved. Grief Recovery includes speakers trained to provide specific information regarding the grief process. Topics include understanding grief, stress/anxiety, changing roles and relationships, and the “Next” chapter. A potluck dinner is held once during the sessions. All widows/widowers are welcome to attend both the Sunday Support Group and Grief Recovery Workshops. The two groups are free to anyone attending.

As people are better able to cope and want to connect with others who understand, a membership in WPAC™ is available. All dues go directly to the volunteer-run organization to help it carry out its mission of helping the bereaved. The membership includes a variety of resources from handouts specific to individuals' needs as they deal with grief to a grief lending library stocked with valuable resources. The organization also offers a full calendar of social activities and events, which help foster new friendships. Some of the offerings include dinners, bowling, book club, walking groups, billiards, and much more.

If you or a loved one would like more information about this incredible resource or would like to make a donation to support this worthy effort, please visit www.sacwidowed.org or go to Facebook, facebook.com/sacwidowed.org.

ADDITIONAL INFORMATION:

Contact number (916) 972-9722

E-mail: wpac1@sacwidowed.org

Office Hours are 10:00 am – 1:00 pm M,W,F (except Holidays)

Mailing address: 2628 El Camino Avenue Suite D-18 Sacramento, CA 95821



We're here to support you

We help widowed people overcome grief and learn to live and laugh again



Join our Grief Recovery Program, Sunday Support, or just come to an event!

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