



*Kim Evans-Handley*

Veteran's Widow, Professional Speaker & Certified Grief Educator

## SIGNATURE TOPICS

### Living with Loneliness when a Spouse Dies



#### “Embracing a Transformed Identity”

An openhearted conversation revealing the darkness of loneliness and its capacity to help us find meaning and purpose.

- Acknowledge the isolation of grief, loneliness triggers, and touch deprivation.
- Explore creative self-expression and connect with community.
- Rediscover identity, embrace personal growth, and honoring the spouse's legacy.

### Grief Literacy in the Black & Brown Community



#### “Collective Grief & Community Strength: Building Resilience Together”

A vibrant discussion on the collective grief experiences in our communities, from historical traumas to contemporary challenges, and how they shape our collective resilience.

- Understand the unique challenges and complexities that are shaped by historical, cultural, and social factors.
- Recognize how historical trauma connects with present day grief experiences.
- Acknowledge the interplay of systemic racism, slavery, and oppression for both personal healing and community support.

### Grief Conversations & Spirituality

#### “Grief, Faith, and Spirituality: Navigating the Profound Connection”



A compelling discussion on the intricacies and challenges of grief when our faith is tested.

- Navigating the dimensions of grief when questioning and doubting God.
- Coping with spiritual conflicts, guilt, shame, and anger.
- Identify griefs impact on relationships and how communities can offer support.

### Grief Unleashed

#### “What you needed to know before grief happened”



Examine how griefs unpredictability tests our resilience and inspires our capacity to encourage others.

- Understand the nature of grief, its unpredictability, and our natural response to loss.
- Explore practical coping strategies through self-care, seeking support, and honoring our lived one.
- Finding meaning and growth in grief.

## ABOUT

*The Mocha Widow*

Kim works with organizations and communities who want to be educated and informed on the uncomfortable and overwhelming topic of grief by illuminating their understanding, diving deep into the nuances of grief, and how it shows up in our lives. Our time spent will be full of rich, interactive and collaborative conversation.

## In-Person, Virtual or Hybrid





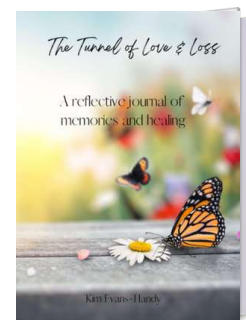
## Twenty-one Grief Support & Recovery Resources



Digital Download

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## Grief Journal The Tunnel of Love & Loss



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