

Widows Support Network

November 20, 2024

By Candace Dellacona

In this episode of The Sandwich Generation Survival Guide, host Candace Dellacona welcomes Dawn Nargi, Executive Director and founder of The W Connection, a nonprofit organization supporting widows through connection, encouragement, education, and empowerment.

Dawn shares her personal story of loss and the inception of The W Connection. The discussion highlights the unique challenges of widowhood and underscores the importance of peer-led support and social connections in the healing process. The conversation further explores the need for widows to redefine their lives and establish a "new normal" while providing practical advice for friends and family on offering meaningful support.

The W Connection's ongoing impact and commitment to assisting widows, particularly those in the Sandwich Generation who may face simultaneous responsibilities for their children and aging parents, emphasizes the continuing need for community support and resources for widows navigating their journeys.

Learn more about The W Connection:

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