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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
June 5th 2019: We Regret to Inform You

Joanne Steen had what she considered a perfect life. She had a satisfying career and a good marriage to a Naval officer. Then her world turned upside down when her husband was killed while on duty. Evolving over time, her loss led to a new career working with Gold Star families; those who, like her, lost someone close while they were on duty. What helped her through, built her resiliency and formed her new normal? And what does she now offer others who are experiencing this special kind of loss? Join us to hear about her path to today and to talk about her new book, We Regret to Inform You, a

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Featured Guest



Joanne Steen

Joanne Steen is an author, instructor and speaker on grief and loss, with a specialty in military and line-of-duty losses. She is a board-certified counselor, military widow, and the founder of Grief Solutions, a training company on grief, loss and resilience.

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