

The Neuqua Valley High School PTSA and NVHS Social Workers invite you to attend

# *Creating a Safe Space:* LEARNING TO LIVE WITH LOSS

*Loss cracks us open. Big time.  
With each breath we take, the losses we experience - death, divorce,  
job loss, declining health, old age, etc. - transform us.  
We can consciously decide what role we play in that transformation.  
Please join us if you are ready for a deeper understanding  
of grief and mourning. Learn how to recognize the gifts of denial.  
Discover ways to create a safe space where you can begin to heal  
and lean into the new life that awaits you.*

## *March 23, 2009*

*Presentation &  
Round Table Discussions*

*7:00 - 8:30 PM*

*FORUM ROOM  
NEUQUA FRESHMAN CENTER  
3220 CEDAR GLADE DRIVE  
NAPERVILLE, IL 60564*

*Admission is Free*



PRESENTED BY  
THE NEUQUA VALLEY  
HIGH SCHOOL PTSA

*Tom Zuba believes that loss  
cracks us open. Loss gives us the  
opportunity to consciously participate  
in the transformation that awaits us.*



Tom's 18-month-old daughter Erin died suddenly in 1990. His 43-year-old wife died equally as suddenly on New Year's Day 1999 and his 13-year-old son Rory died from brain cancer in 2005. Tom and his son Sean are learning to live a full, joy-filled life, one day at a time. He is an author, inspirational speaker, and workshop facilitator who appeared with best selling author Gary Zukav on The Oprah Winfrey Show. To learn more visit [www.tomzuba.com](http://www.tomzuba.com).