



Normal Broken: The Grief Companion for When It's Time to Heal But You're Not Sure You Want To

Kelly Cervantes

Award-winning writer, speaker, and advocate. Board chair for the nonprofit CURE Epilepsy and host of their biweekly podcast, *Seizing Life*.

Christie Tate

Chicago-based writer and essayist and *New York Times* bestselling author of the memoirs *Group* and *B.F.F.*

Tuesday, November 28, 2023, 7:00 PM (on Zoom)

Register: www.bit.ly/CervantesFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Normal Broken* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Cervantes and Tate. Details on the Zoom registration form.

Presented by **Family Action Network (FAN)**, in partnership with

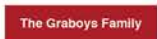
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This event is #freeandopentothe public and will be recorded. Suitable for youth 12+. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: KELLY CERVANTES – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Tuesday, November 28, 2023, 7:00 PM, Normal Broken: The Grief Companion for When It's Time to Heal But You're Not Sure You Want To, a FAN webinar featuring Kelly Cervantes, in conversation with Christie Tate.

REGISTER: www.bit.ly/CervantesFANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Normal Broken* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Cervantes and Tate that will start immediately after the webinar. Details on the webinar registration page.

None of us make it through life without experiencing loss that leaves us feeling broken. That's what makes grief so normal. In *Normal Broken: The Grief Companion for When It's Time to Heal But You're Not Sure You Want To*, award-winning writer and speaker **Kelly Cervantes** isn't trying to tell you what to do, how to feel, or the right way to heal. She's also not flinging sunny thoughts, vibes, and prayers at you. After losing her daughter to epilepsy, she knows that grief is many things. It's weird. It sucks. It's all-encompassing. Something everyone will have to deal with. But never linear. Just as *what* we are grieving varies, so do our journeys to process it.

Normal Broken was born out of this desire to meet people where they are in their grief journeys, to lend a hand, or maybe to just sit in the dark with them. To acknowledge your brokenness and to feel broken together—never pressured to “move on” or “think positive.”

Cervantes is an advocate best known for her blog *Inchstones*, where she shared the stress, love, and joy that came with parenting her medically complex daughter, Adelaide. Since Adelaide's passing, Kelly has continued to write candidly about her arduous and, at times, contradictory grief journey. She is the current board chair for the nonprofit CURE Epilepsy and hosts their biweekly podcast, *Seizing Life*, where she interviews scientists, doctors, and individuals affected by epilepsy. Kelly currently resides in Maplewood, NJ, with her husband, Miguel Cervantes (currently starring in *Hamilton* on Broadway), four children, and two dogs.

Cervantes will be in conversation with **Christie Tate** (FAN '21), a Chicago-based writer and essayist, Tate is the *New York Times* bestselling author of the memoir *Group: How One Therapist and a Circle of Strangers Saved My Life* and the 2023 memoir *B.F.F. – A Memoir of Friendship Lost and Found*.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by **Family Action Network (FAN)**, in partnership with **The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Mindful Psychology Associates, Morgan Park Academy, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Winnetka-Northfield Public Library District, Woodlands Academy.**