

The National Widowers' Organization

Founded in 2009, The National Widowers' Organization mission is to provide information and resources to educate the public about the unique requirements of men grieving the loss of their spouses or life partners. The Organization advocates for the development of appropriate support groups or services for men to reconcile with their grief.

The US Census provides insights into the makeup of the widowed population. About 475,000 men a year are widowed, a number that has been increasing the total of widowers in the population. The statistics showed that a large number of widowers were under the poverty level adding stress to coping with their loss. Also, there was an increase in younger widowers as the head of single parent households. The trends for widowers are likely to continue as the Baby Boom Generation reaches this stage in their life cycle.



Join Us to Support Widowers

The National Widowers' Organization is constantly seeking organizations that are willing to host men's support groups. Information about assistance for organizing groups can be obtained by contacting us. We offer a free guide to help form mutual support groups.



NationalWidowers.org



info@nationalwidowers.org



The National Widowers' Organization is a 501(c)3 nonprofit organization.

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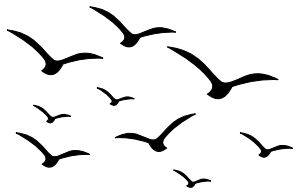
NATIONAL WIDOWERS ORGANIZATION

A Men's Grief Network

We Provide Resources & A Guide Through Grief



NationalWidowers.org



You are not alone!

Not sure where to begin after losing a spouse?

Start here to understand what to expect and hear from men who've been there.

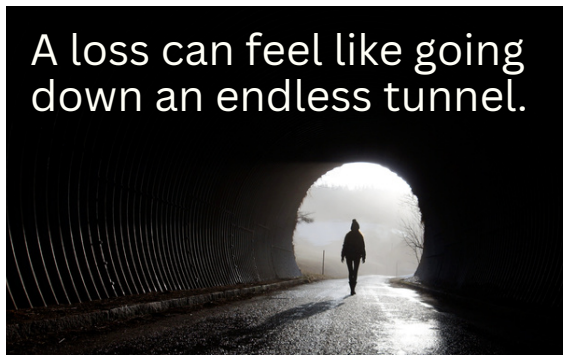
If you suffered the loss of your wife or life partner and feel the depth of that loss or grief we want you to know that you are not alone and there is hope. Nothing we can say will sooth the feelings you have right now but we can help you find a way to move forward.

The loss of a spouse is a life changing event and impacts every aspect of living until adjustment to your new life is made. These experiences and feelings are not unique to you; every other man in your situation has faced them.

Website: NationalWidowers.org

Email: info@nationalwidowers.org

A loss can feel like going down an endless tunnel.



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Although everyone's grieving process is unique, research shows that faced with the loss of a spouse or partner men report feeling "lonely, lost, dismembered, and numb." They tend to seek activity and coping skills. We know these feelings because we experienced them and we also have moved beyond them that is why we know there is hope.

The National Widowers' Organization was founded by a group of widowers who gained solutions in their grief through a men's support group. The satisfaction from this process led to the creation of this nonprofit group.

Our website is a virtual place for information and connection...

The National Widowers' Organization is a virtual toolbox for men coping with the loss of a loved one, a place where men or those who are supporting them can learn about how others have gone through the same transition. It is place to learn about how men grieve. Our website offers resources such as books, blogs, articles by experts, and much more to help cope with the loss. Widowers can also connect with other widowers online, find local support, or even learn how to start their own group.



...Sometimes it's only men that can help another man deal with a loss.

There are a lot of things men suffer alone, that may be a part of their DNA, such as finding great personal satisfaction in accomplishing on their own and independently. Famously men won't ask for directions, won't admit when they are lost – preferring to find their own way home. And eventually they may. That's fine but, as new and continuing research shows, there's one loss that men could use a little help from their friends to cope with. That's the loss of a spouse, a lover, a parent, a child, or a lifelong friend. And it's often help that only other men can provide because they understand, many times without saying the words, where you're at, how you got there and even why.

The National Widowers' Organization provides information for widowers, their families, and those supporting them.