## Compassionate. Here for you. Finding hope through healing.

**Your loss matters.** If you are struggling with the death of a loved one, or another type of loss, we offer hope, free support and healing for children and adults. Our trained and compassionate professionals facilitate groups and individual sessions to help lighten the load of your grief journey.

## Ongoing Groups (FREE to everyone)

**S.O.L.O.S** 

Thursdays 10:00 AM Death of spouse or partner **Grief Healing** 

Mondays 6:00 PM Death of any loved one **Moms Together** 

Last Saturday 9:00 AM Death of child or grandchild

## Additional Groups and Events - please call for upcoming dates

**Camp Courage** (Every June)

**Community Remembrance** (Every Fall)

**Grief & the Holidays** (Every November)

Kids' Holiday Open House (Every December)

**Grief Recovery** 

8-week intensive group designed to help adults work through any life loss.

**Remembering Daisy** 

Pet loss support

## **Post-Traumatic Growth**

6-session intensive group for adults whose loss is beyond one year and who are ready to engage deeper healing. Pre-requisite: Prior grief work required.



Call us today. 231.728.3442 / 1.800.497.9559 HarborHospiceMI.org







