

Grief Support Groups

Fall/Winter 2025

General Grief Group

Sept. 16, 23, 30, Oct. 7, 14, 21
Tuesdays from 2:00-3:30 p.m.

This six-week group welcomes anyone seeking support after a loss, offering videos, handouts, and discussions to explore emotions, share experiences, and discover coping strategies.

Cooking for One

Sept. 18, 25, Oct. 2, 9
Thursdays from 5:30-7:30 p.m.
Location (offsite): TBD

This four-week series welcomes those recently widowed. Join Chef Char for hands-on cooking workshops, followed by grief counselor-led discussions on coping and healing.

Grief Group for Moms

Oct. 16, 23, 30, Nov. 6, 13, 20
Thursdays from 6:00-7:30 p.m.

This six-week group is for moms and mother figures who have lost a child of any age. Through shared experiences and guided discussions, participants explore grief, discover coping strategies, and support one another.

Finding Meaning

Oct. 21, 28, Nov. 4, 11, 18
Tuesdays from 6:00-7:30 p.m.

This five-week support group is open to those who are one year or more out from the death of their loved one. In a supportive environment, participants will explore ways to find meaning and healing as they continue their grief journey.

Coping with the Holidays

Thursday, November 20: 1:00-2:30 p.m.
OR
Tuesday, December 9: 6:00-7:30 p.m.

This one-session group focuses on strategies for managing grief during the holidays, offering a supportive space to seek guidance from a counselor and share experiences. *Note: Attendees need only attend one session, as both cover the same content.

Groups will be held in-person at:
The Bob and Merle Scolnik Healing Center
1050 W. Western Ave.
Suite 303
Muskegon, MI 49441

Groups are free and open to the public. Pre-registration required. For more information, visit HarborHospiceMI.org or call (231) 728-3442

Scan to register!

