**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.

\*Phone and virtual support available

\*Ongoing Groups (for Adults)

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** 

Second and last Saturday 9:00 AM Death of child or grandchild

\*Additional Groups and Events - please call or check our website for information

**Camp Courage** 

(Every June)

**Grief & the Holidays** 

(Every November)

**Community** Remembrance

(Every Fall)

**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 HarborHospiceMl.org





