Grief is a natural and normal response to the loss of someone special in our lives.

You are not alone. If you are struggling with the death of a loved one, or other significant loss, we offer hope, free support and healing for children, teens, and adults. Our trained and compassionate professionals facilitate virtual support groups and individual sessions* to help lighten the load of your personal grief journey.

*Participants have the option to attend in-person or virtually for individual sessions.

Support Groups

Mom's Experiencing Child Loss
An opportunity to connect with other mom's who have experienced the death of a child. You will have time to remember and honor your child, learn the basics of grief, receive support, and increase your coping skills

Spouse/Partner Loss
An opportunity to connect with others who have lost a spouse/partner, learn the basics of grief, honor your loved one, learn about skills to help you continue to move forward in life and more.

Journaling Your Grief
Introduction to the benefits of journaling, learn about different types of journaling, reduce symptoms of grief by journaling, and provide space for sharing about the journaling experience.

Finding Your Joy
You will learn the basics of grief, identify what is hindering your joy, and learn how to facilitate joy in your life. Participants will also explore and plan some ways to increase joy opportunities in their lives.

Teen Grief Journaling
This creative outlet can be another way to express grief. Teens will have the chance to learn about different types of journaling. Participants will want to attend both sessions where topics will explore different types of journaling experiences. Sharing will be encouraged, but not required.
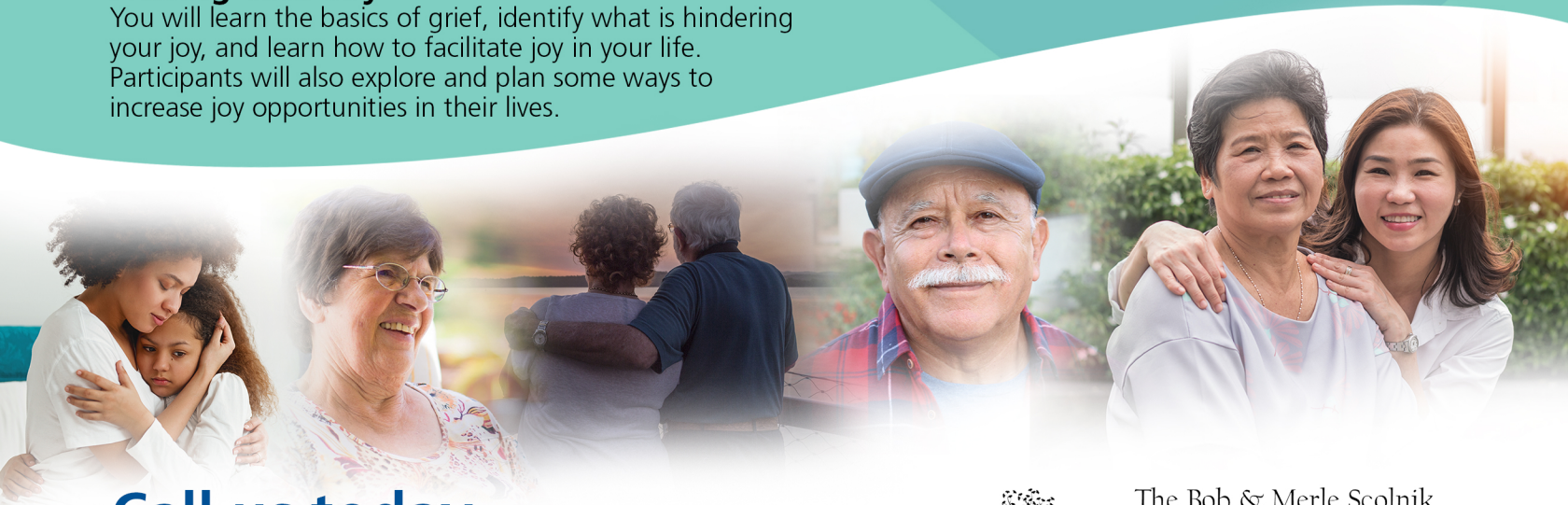
Other Support and Groups

Camp Courage
(Every June)

Community Remembrance
(September 19)

Grief During the Holidays
(November 17 and 29, December 14)

Call us today.

231.728.3442 / 1.800.497.9559
HarborHospiceMI.org

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The Bob & Merle Scolnik
HEALING CENTER

HARBOR
HOSPICE