

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

You are not alone. Grief support is an important part of the services Harbor Hospice offers free to its families and our community*. Harbor Hospice provides a variety of supportive services for those who are grieving after the death of a loved one or other losses associated to caregiving, health and life. Visit our website for additional grief groups and information.

***Provided at no charge; open to the public. REGISTRATION REQUIRED. Please call us today.**

Grief Support Groups and Grief Art Therapy

It's Okay That Your Not Okay

January 9-30 - 7:00 pm (virtual)

Talk about how grief and loss is perceived in our culture and ways we can push back against the cultural norms. Part 1 (chapters 1-5) read for the first session.

Mom's Group

January 14 - 9:30 am (2nd Saturday-6 months)

A group to provide a safe supportive environment for fellow moms to share their loss, offer support and grow together through their shared experiences.

Songs that Heal: Evening of Music Therapy

January 19 and April 13 - 6:00 pm - Muskegon

This group will use music therapy experiences to guide adult participants in the processing of grief and loss.

Understanding Your Grief

Begins January 25 - 2:30 pm (virtual)

To help participants understand the basics of grief. Registration required at 10 days in advance to get book and journal mailed.

Spouse/Partner Loss

February 7-March 21 - 10:00 am (virtual)

For those who have lost a spouse or partner. Connect with others to learn about grief and receive support.

Inner Self Mask Making

February 15 - 5:00 pm - Muskegon

Using art therapy to make masks as an expression of those parts of our inner, secret self as we cope with loss that we often don't reveal in our everyday life.

Songs that Heal: Teen Music Therapy

February 16-March 23 - 6:00 pm - Muskegon

Using music therapy experiences to support teens (ages 12-18) in their processing of grief and loss.

Helping children who are grieving

March 16 - 6:00 pm (virtual)

This session is for adults to learn how to talk with the children in your life about death and loss.

Craft in memory of your loved one

March 25 - 10:00 am - Muskegon

In this one-day only event children and teens (ages 15 and under) can come and make a craft in memory of a love one whom has died.

Space and Time Collage Making

April 27 - 5:00 pm - Muskegon

Creating a collage as self-expression of our past, present, and future selves in a supportive and therapeutic setting.

Walking together in Grief and Loss

May 4-25 - 4:30 pm - Muskegon

An opportunity to share about your loved one while providing social interaction and finding meaning after loss. Meeting weekly at various Muskegon parks and trails.

Camp Courage for ages 6-14

June 21-23

Crafts, music, bonfires, and more as we remember our loved ones and learn coping skills together to bring healing.

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HarborHospiceMI.org

Connect with us on



The Bob & Merle Scolnik
HEALING CENTER

HARBOR
HOSPICE