

Grief Support Groups

General Grief Group

Jan 17, 24, 31| Feb 7, 14, 21
Wednesdays from 3:00-4:30 p.m.

Apr 9, 16, 23, 30| May 7, 14
Tuesdays from 6:00-7:00 p.m.

This group is open to anyone who has experienced a death and is looking for support. We will use videos, handouts and discussion to learn about grief, better ways to cope and share our stories.

Journal through Grieving

Feb 12| Monday from 4:00-6:00 p.m. or
Mar 11| Monday from 6:00-8:00 p.m.

Explore a relaxed time of tapping into creative writing with prompts related to your grief journey with Kayla Crum, our guest freelance writer, registered nurse, and podcast host of *My Sister's Cancer*. A time of creating a journal cover and socialization will follow the writing.

**All in-person at the Bob & Merle
Scolnik Healing Center
1050 W. Western Ave.
Suite 303, Muskegon**

Mom's Group

Feb 6, 13, 20, 27| Mar 5, 12
Tuesdays from 6:00-7:00 p.m.

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

Camp Courage

June 21-23, ages 6-14 years old

Crafts, music, bonfires, and more as we remember our loved ones and learn coping skills together to bring healing. This event is held at Pioneer Trails.

Cooking for One

March 14, 21, 28
Thursdays from 5:30-7:30 p.m.

Join Chef Char for hands on learning and adapting meals for one. Following the cooking class, come together to discuss the impact of loss and your personal grief journey with a clinician lead support group. The location is: 1000 Waverly Ave, Grand Haven, MI 41417. Entrance off the back parking lot.

**Classes are free and open to the public.
Pre-registration required.
For more information: www.HarborHospiceMI.org
or call: (231) 728-3442**

