

Grief Support Groups

General Grief Group

Sept. 17, 24 | Oct. 1, 8, 15
Tuesdays from 6:00-7:30 p.m.

Oct. 16, 23, 30 | Nov. 6, 13, 20
Wednesdays from 3:00-4:30 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.

Coping with the Holidays

Nov. 21 from 3:00-4:30 p.m.
Dec. 11 from 6:00-7:30 p.m.

During this one-time- group we will learn ways to cope during the holidays. There will be a time to ask questions and share your story.

Mom's Group

Sept. 19, 26 | Oct 3, 10, 17, 24
Thursdays from 6:00-7:30 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.

Cooking for One

Sept. 10, 17, 24 | Oct 1
Tuesdays 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. Registration required. The location is: St. Francis de Sales Parish, 2929 McCracken St, Norton Shores, MI 49441

Groups will be held in-person at the Bob & Merle Scolnik Healing Center
1050 W. Western Ave., Suite 303, Muskegon, 49441

Classes are free and open to the public.

Pre-registration required.

For more information: www.HarborHospiceMI.org
or call: (231) 728-3442

