

Grief Support Groups

General Grief Group

Jan. 22, 29, Feb. 5, 12, 19, 26
Wednesdays from 10:00-11:30 a.m.

Apr. 8, 15, 22, 29, May 6, 13
Tuesdays from 6:00-7:30 p.m.

This six week group is open to anyone who has experienced a loss and is seeking support. We will use videos, handouts, and discussions to explore grief, discover coping strategies, and share our stories.

Kids Coping with Grief

Saturday, Feb. 1
9:30-10:30 a.m.

This one time session is open to kids ages 6-14 who have lost someone close. We will learn about grief and coping strategies, meet others, offer support, and realize we're not alone.

**Groups will be held in-person at:
The Bob and Merle Scolnik Healing Center
1050 W. Western Ave., Suite 303
Muskegon, MI 49441**

Grief Group for Moms

Feb. 26, Mar. 5, 12, 19, 26, Apr. 2
Wednesdays from 6:00-7:30 p.m.

This six week group is open to moms or mother figures who have experienced the loss of a child of any age. We will provide a safe, supportive space to share our experiences, offer support, and grow together.

Cooking for One

Mar. 6, 13, 20, 27
Thursdays from 5:30-7:30 p.m.

This four week series is open to anyone who has recently lost a spouse or partner. Join Chef Char for a hands-on cooking workshop to learn how to adapt meals for one. After each session, grief counselors will guide discussions on coping with loss and managing grief.

Location (offsite): St. Paul's Church
1006 Third St., Muskegon, MI 49440

Groups are free and open to the public. Pre-registration required. For more information, visit HarborHospiceMI.org or call (231) 728-3442



The Bob and Merle Scolnik

Healing
Center



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