

# Grief Support Groups

Fall/Winter 2025

## **General Grief Group**

Sept. 16, 23, 30, Oct. 7, 14, 21  
Tuesdays from 2:00-3:30 p.m.

This six-week group welcomes anyone seeking support after a loss, offering videos, handouts, and discussions to explore emotions, share experiences, and discover coping strategies.

## **Cooking for One**

Sept. 18, 25, Oct. 2, 9  
Thursdays from 5:30-7:30 p.m.  
Location (offsite): TBD

This four-week series welcomes those recently widowed. Join Chef Char for hands-on cooking workshops, followed by grief counselor-led discussions on coping and healing.

## **Grief Group for Moms**

Oct. 16, 23, 30, Nov. 6, 13, 20  
Thursdays from 6:00-7:30 p.m.

This six-week group is for moms and mother figures who have lost a child of any age. Through shared experiences and guided discussions, participants explore grief, discover coping strategies, and support one another.

## **Finding Meaning**

Oct. 21, 28, Nov. 4, 11, 18  
Tuesdays from 6:00-7:30 p.m.

This five-week support group is open to those who are one year or more out from the death of their loved one. In a supportive environment, participants will explore ways to find meaning and healing as they continue their grief journey.

## **Coping with the Holidays**

Thursday, November 20: 1:00-2:30 p.m.  
OR  
Tuesday, December 9: 6:00-7:30 p.m.

This one-session group focuses on strategies for managing grief during the holidays, offering a supportive space to seek guidance from a counselor and share experiences. \*Note: Attendees need only attend one session, as both cover the same content.

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

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

Scan to register!

