

Spring Grief Support Groups

General Grief Group

Feb. 11th, 18th, 25th, 2026
March 4th, 11th, 18th, 2026
Wednesdays from 6:00-7:30 p.m.
OR
Apr. 14th, 21st, 28th
May 5th, 12th, 19th, 2026
Tuesdays from 2:00 - 3:30 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.

Grief Group for Moms

April 9th, 16th, 23rd, 30th, 2026
May 7th, 14th, 2026
Thursdays from 6:00 p.m.-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.

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

Cooking for One

April 14th, 21st, 28th, 2026
May 5th, 2026
Tuesdays from 5:30 p.m.-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 will be held in-person at:
The Bob and Merle Scolnik
Healing Center
1050 W. Western Ave., Suite 303
Muskegon, MI 49441



Supported by the

