

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.

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**

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

Scan to register!

