

Fall Grief Support Groups

General Grief Group

Sept. 16th, 23rd, 30th, 2026
Oct. 7th, 21st, 28th, 2026
Wednesdays from 6 p.m. - 7:30 p.m.

OR

Sept. 16th, 23rd, 30th, 2026
Oct. 7th, 21st, 28th, 2026
Wednesdays from 2 p.m. - 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

Oct. 13th, 20th, 27th, 2026
Nov. 3rd, 10th, 17th, 2026
Tuesdays from 6 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

Oct., 8th, 15th, 22nd, and 29th, 2026
Thursdays 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. Francis Church

Coping With the Holidays

Tuesday, Nov. 17th, 2 p.m. - 3:30 p.m.
Wednesday, Dec 2nd, 6 p.m. - 7:30 p.m.

*Choose one session to attend

**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!

