

# 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. 1st, 8th, 15th, 22nd, 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): TBD

## **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](http://HarborHospiceMI.org) or call (231) 728-3442

Scan to register!

