Spring Grief Support Groups

General Grief Group

Feb. 22nd, March 1st, 8th, 15th, 22nd and 29th, 2027.
Mondays from 1 p.m. - 2:30 p.m.

Or April 21st, 28th, March 5th, 12th, 19th and 26th, 2027.
Thursdays from 6 p.m. - 7:30 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.

Groups (except for Cooking for One) will be held in-person at: The Bob and Merle Scolnik Healing Center 1050 W. Western Ave., Suite 303 Muskegon, MI 49441.

Grief Group for Moms

Feb. 18th, 25th, March 4th, 11th, 18th, and 25th, 2027.
Thursdays 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

April 22st, 29th, May 6th and 13th, 2027.
Thursdays from 5:30 p.m. - 7:30 p.m.

***Location (offsite): TBD**

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, a grief counselor will guide discussions on coping with loss and managing grief.

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

Scan to register!

The Bob and Merle Scolnik Healing Center

Supported by the Harbor Hospice Foundation