



2025 GRIEF GROUP SUPPORT MONTHLY MEETINGS

JAN. 14 & 29

GRIEF AND LOSS: WHAT IS IT?

FEB. 11 & 26

MYTHS ABOUT GRIEF

MARCH 11 & 26

RECONCILING YOUR GRIEF

APRIL 8 & 30

LIVING WITH MEMORIES

MAY 13 & 28

JOURNALING OUR STORIES

JUNE 10 & 25

GRIEF JOURNEY: LOST AND GAINED

JULY 8 & 30

COPING WITH LOSS

AUG. 12 & 27

BIRTHDAYS, ANNIVERSARIES & HOLIDAYS

SEPT. 9 & 24

MOURNING AND FAITH

OCT. 14 & 29

GRATITUDE

NOV. 11 & 26

FINDING COMFORT

DEC. 9

HONORING AND REMEMBERING