



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