

Grief Support Groups for 2017

Fargo-Moorhead Area

Support groups in the Fargo-Moorhead area are held at the Fargo office of Hospice of the Red River Valley, 1701 38th St. S. Call (701) 356-1500 or (800) 237-4629 for more information.

Grief Journeys for Adults

This is an ongoing support group for adults 18 years and older who have experienced a loss through death.

Daytime Group

Date: Fourth Tuesday of each month

Time: 1-2:30 p.m.

Evening Group

Date: Second Tuesday of each month

Time: 6:30-8 p.m.

Grief Journeys for Widows

This is an ongoing support group for women who have experienced the death of a partner.

Daytime Group

Date: Third Tuesday of each month

Time: 1-2:30 p.m.

Evening Group

Date: First Tuesday of each month

Time: 6:30-8 p.m.

Grief Journeys for Men

This is an ongoing support group for men who have experienced a loss through death.

Date: Third Tuesday of each month

Time: 10-11:30 a.m.

Pregnancy and Infant Loss

This is an ongoing support group, co-facilitated by Harlynn's Heart, for anyone who has experienced the death of a baby through pregnancy loss, stillbirth or in the first year of life.

Date: Fourth Tuesday of each month

Time: 6:30-8 p.m.

(More offerings on reverse)



Support groups are powerful ways of finding validation for your feelings and deriving a sense of shared experience and commonality. Each of our uniquely designed groups provides support and practical suggestions for your grief journey. The support groups are open to the public. There is no charge to participate unless otherwise noted, although donations are appreciated to help offset costs.

Our support groups are funded, in part, through generous contributions from individuals, churches, businesses and organizations, including the United Ways of Barnes, Becker, Crookston and Thief River Falls. For an up-to-date listing of support groups, visit www.hrrv.org.



Detroit Lakes and Surrounding Areas

Support groups in the Detroit Lakes area are held at the Detroit Lakes office of Hospice of the Red River Valley, 1111 Highway 10, unless otherwise noted. Please call (800) 237-4629 for more information or with questions. This programming is funded in part by the United Way of Becker County.

Grief Journeys for Adults

This is an ongoing support group for adults 18 years and older who have experienced a loss through death.

Date: Fourth Wednesday of each month

Time: 1-2:30 p.m.

Pregnancy and Infant Loss

This is an ongoing support group, co-facilitated by Essentia Health, for anyone who has experienced the death of a baby through pregnancy loss, stillbirth or in the first year of life.

Date: Third Thursday of each month

Time: 6:30-8 p.m.

Lisbon, Valley City and Surrounding Areas

Support groups in the Valley City area are held at the Valley City office of Hospice of the Red River Valley, 1240 W. Main Street, unless otherwise noted. Call (800) 237-4629 for more information. This programming is funded in part by the United Way of Barnes County.

Grief Journeys for Adults – Valley City

This is an ongoing support group for adults 18 years and older who have experienced a loss through death.

Date: Second Thursday of each month

Time: 2-3:30 p.m.

Grand Forks and Surrounding Areas

Call (800) 237-4629 for more information or questions.


Grief Journeys for Adults – East Grand Forks

This is an ongoing support group for adults 18 years and older who have experienced a loss through death.

Date: Second Thursday of each month

Time: 1:30-3 p.m.

Location: Sacred Heart Catholic Church
200 3rd St. NW, East Grand Forks, Minn.

 To learn more about Hospice of the Red River Valley, please contact us at (800) 237-4629 or visit our website, www.hrrv.org.

Ada, Crookston and Surrounding Areas

Call (800) 237-4629 for more information or questions.

Grief Journeys for Adults – Ada

This is an ongoing support group for adults 18 years and older who have experienced a loss through death.

Date: Fourth Tuesday of each month

Time: 11 a.m.-noon

Location: Mission Court Assisted Living, 201 9th St. W., Ste. 2, Ada, Minn.

Six-week Educational Support Group for Adults

Hospice of the Red River Valley offers a six-week grief support group open to any adult in the community grieving the loss of a loved one through death. This group offers attendees a safe, supportive environment for sharing their grief and learning from others who have experienced a loss through death. There is no cost for attendance, but attendees must pre-register and be able to attend the first session to participate in the series. Call (800) 237-4629 for upcoming dates and registration deadlines.

Seasonal Grief Class Offerings

Journeying Through Grief Class

Journeying Through Grief is a class, or series of classes depending on location, designed for those who are recently bereaved. It is intended for adults 18 years and older who have experienced the recent loss of a loved one. The sessions will help you better understand the grief process, explore methods of self-care and embrace and carry memories with you as you move forward. This class is free and open to the public; but pre-registration is required. Journeying Through Grief is held at several locations throughout our service area, typically in the spring and the fall.

Youth Journeys

Youth Journeys is a day-long program for youth, ages 6 to 18, who have lost a loved one. Parents/guardians are also required to attend a portion of the day. The day is broken down into sections, allowing youth a chance to explore how the death of their loved one has affected their lives, their feelings, self-care and embracing memories. The day ends with a service of remembrance. This class is held at the Fargo Hospice of the Red River Valley office, typically twice a year. It is free and open to the public; but pre-registration is required.

Transitions Class: Beyond Widowhood

For men and women who wish to address the practical aspects of widowhood. This is a series of classes not intended for those who are newly bereaved. Beyond Widowhood is typically held once a year in the fall. A nominal fee will be charged. Pre-registration is required.