

# Grief Support Groups for 2018

## 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 resources to find validation for your feelings and derive 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 and Becker Counties. For an up-to-date listing of support groups, visit [www.hrrv.org](http://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 questions. This programming is funded in part by the United Way of Becker County.

### 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.

### 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, 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.

## 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. Please call (800) 237-4629 for questions. 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 Wednesday of each month

**Time:** 2-3:30 p.m.

### 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, 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.

## Grand Forks and Surrounding Areas

Please call (800) 237-4629 for 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.

### 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, 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.

## Ada, Crookston and Surrounding Areas

Please call (800) 237-4629 for 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.

## Seasonal Grief Class Offerings

We offer grief classes and workshops throughout the year covering a variety of topics, including Youth Journeys, Transitions: Beyond Widowhood, How to Help a Grieving Friend, Journeying Through Grief for Adults and Grief During the Holidays. Grief workshops provide support and practical suggestions to work through your grief journey.

Most classes are free, but Transitions: Beyond Widowhood has a nominal fee with scholarships available. Pre-registration is required to attend seasonal workshops. Contact us at [bereavement@hrrv.org](mailto:bereavement@hrrv.org) or call (800) 237-4629 for additional information and class dates.