

Fall 2018 Grief Classes

A complete listing of fall classes available through Hospice of the Red River Valley is as follows:

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. *Pre-registration is required one week before the class date.*

Ashley, N.D.

- Wednesday, Sept. 26 from 1-3 p.m.
- Ashley Senior Center
111 Center Ave. N., Ashley
- Pre-registration required by Sept. 19

Gackle, N.D.

- Thursday, Sept. 27 from 1-3 p.m.
- Gackle Senior Center
316 Main St., Gackle
- Pre-registration required by Sept. 20

Jamestown, N.D.

- Monday, Oct. 1 from 5:30-7:30 p.m.
- Eventide Jamestown
1300 2nd Place NE, Jamestown
- Pre-registration required by Sept. 24

Crookston, Minn.

- Tuesday, Oct. 2 from 10 a.m.-noon
- Trinity Lutheran Church
205 S. Broadway, Crookston
- Pre-registration required by Sept. 25

Fargo, N.D.

- A series of three classes held on Thursdays, Oct. 11, 18 and 25 from 6-8 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)
- Pre-registration required by Oct. 8

(More classes on reverse)



When grief enters our lives, everything changes. We can help you cope with the change—and the grief. Learning about grief and being around others who have experienced a similar loss can provide some comfort.

The bereavement department at Hospice of the Red River Valley offers supportive, educational opportunities. Classes are typically offered twice a year—in the spring and fall—and are open to the community.

Register for classes online at www.bit.ly/griefclassregistration or please call (800) 237-4629 and ask for the bereavement department.



How to Help a Grieving Friend

When a friend loses a loved one through death, we struggle to know what to do. Working through grief involves accepting the loss, experiencing the pain of that loss, and creating a different bond or relationship with the person you have lost. This presentation offers attendees ways to help a friend who has experienced the loss of a loved one. *This class is free and open to the public, but pre-registration is required one week prior to the class date.*

Ada, Minn.

- Monday, Sept. 24 from 6:30-8 p.m.
- Grace Lutheran Church
110 3rd Ave. E., Ada
- Pre-registration required by Sept. 17

Fargo, N.D.

- Thursday, Sept. 27 from 5:30-7 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)
- Pre-registration required by Sept. 20

Transitions: Beyond Widowhood

Beyond Widowhood is a five-session class for men and women who wish to address the more practical aspects of widowhood. This class is not intended for those widowed less than one year. Discussion topics include maintaining emotional and physical health, home maintenance, making connections, dating and financial planning. *Pre-screening and pre-registration are required. The registration fee is \$25 per person. Scholarships are available.*

Fargo, N.D.

- Mondays, Oct. 1, 8, 15, 22 and 29 from 6-8 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)
- Pre-registration required by Sept. 24

Youth Journeys

Youth Journeys is a day-long program for youth, ages 7 to 18, who have lost a loved one. 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 how to embrace memories. Youth will have an opportunity to meet our pet therapy dogs. The day ends with a celebration of life service. Parents/guardians are also required to attend a portion of the day. Food and snacks are provided throughout the day. *This class is free and open to the public, but pre-screening and pre-registration is required.*

Fargo, N.D.

- Saturday, Sept. 29 from 9 a.m.-3:30 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)
- Pre-screening and pre-registration required by Sept. 24

Six-week Educational Grief Support Group

Hospice of the Red River Valley offers a six-week grief support group open to any adult 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. *This support group is free, but pre-registration is required one week prior to the first session. **Please note: Participants must be able to attend the first session to participate in the series.***

Mahnomen, Minn.

- Mondays, Oct. 1, 8, 15, 22, 29 and Nov. 5 from 1-2:30 p.m.
- Mahnomen Health Center
414 W. Jefferson Ave., Mahnomen
- Pre-registration required by Sept. 24

(More classes on following page)

A Creative Outlet for Grief: Do-it-yourself Memorial Pots

Join us for an evening of creativity and remembrance as we create DIY memorial pots. This class will feature a local master gardener who will guide attendees through the creation of a beautiful winter-themed flower pot. Attendees will also learn ways to manage grief during the holidays and important self-care strategies with others who have experienced a similar loss through death. *This class is free and open to the public, but pre-registration is required one week prior because space is limited.*

Detroit Lakes, Minn.

- Thursday, Nov. 8 from 5:30-7 p.m.
- Hospice of the Red River Valley office
1111 Highway 10, Detroit Lakes
- Pre-registration required by Nov. 1



Grief During the Holidays

Managing grief in times of celebration can be overwhelming. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss. This presentation will enable attendees to identify and learn how to manage the mixed and painful emotions that can surface when grieving during the holidays. Participants will also learn important self-care strategies. *This class is free and open to the public; no registration required for this class.*

Ada, Minn.

- Tuesday, Oct. 23 from 10 a.m.-noon
- Grace Lutheran Church
110 3rd Ave. E., Ada

Portland, N.D.

- Tuesday, Oct. 30 from 1-3 p.m.
- Bruflat Lutheran Church
1023 Parke Ave., Portland

East Grand Forks, Minn.

- Thursday, Nov. 8 from 1:30-3 p.m.
- EGF Campbell Library
422 4th St. NW, East Grand Forks

Mahnomen, Minn.

- Monday, Nov. 12 from 1-2:30 p.m.
- Mahnomen Health Center
414 W. Jefferson Ave., Mahnomen

Lisbon, N.D.

- Monday, Nov. 12 at 5:30-7 p.m.
- Armstrong Funeral Home
11 Main St., Lisbon

Thief River Falls, Minn.

- Wednesday, Nov. 14 from 10 a.m.-noon
- Thief River Falls Public Library
102 1st St. E., Thief River Falls

Jamestown, N.D.

- Wednesday, Nov. 14 at 1-2:30 p.m.
- Edgewood Senior Living (Chapel)
1104 25th St. SW, Jamestown

Fargo, N.D.

- Thursday, Nov. 15 from 10-11:30 a.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)