

Spring 2019 Grief Classes

A complete listing of spring 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.*

Fargo, N.D.

- A series of three classes held on Thursdays, April 4, 11 and 18 from 6-8 p.m.
- Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)
- Pre-registration required by April 1

Valley City, N.D.

- Thursday, April 18 from 5:30-7:30 p.m.
- Hospice of the Red River Valley office
1240 West Main St., Valley City
- Pre-registration required by April 11

Tear Soup: A Recipe for Healing After Loss

During this session, attendees will view the Tear Soup video and participate in sharing stories and discussion about grief, spring holidays, healthy ways of coping and keeping memories alive. *This class is free and open to the public, but pre-registration is required one week prior to the class date.*

Detroit Lakes, Minn.

- Thursday, April 11 from 5-6:30 p.m.
- Hospice of the Red River Valley office
1111 Highway 10, Detroit Lakes
- Pre-registration required by April 4

(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 class 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.*

Halstad, Minn.

- Tuesday, April 9 from 5:30-7 p.m.
- Halstad Living Center
133 4th Ave. E., Halstad
- Pre-registration required by April 2

Fargo, N.D.

- Monday, May 6 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 April 29



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

Join us for a session of creativity and remembrance as we create do-it-yourself memorial pots. This class will feature a local master gardener who will guide attendees through the creation of a beautiful flower pot. Attendees will also learn ways to cope with grief 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.*

LaMoure, N.D.

- Saturday, May 4 from 2-3:30 p.m.
- Harmsen's Greenhouse
9823 Highway 13, LaMoure
- Pre-registration required by April 26

Perham, Minn.

- Thursday, May 9 from 5-7 p.m.
- Hadley House
908 Coney St. W., Perham
- Pre-registration required by May 2

(More classes on following page)

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, April 6 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 April 1

For Teens: A Creative Outlet for Grief

This session focuses on creativity and remembrance as we create do-it-yourself memorial flower pots. Teens ages 13-18 will learn ways to cope with grief 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.*

Detroit Lakes, Minn.

- Wednesday, May 1 from 5-6:30 p.m.
- Bergen's Greenhouse
801 Willow St. W., Detroit Lakes
- Pre-screening and pre-registration required by April 24



Hope & Healing Six-week 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.***

Perham, Minn.

- Mondays, April 1, 8, 15, 22, 29 and May 6 from 1-2:30 p.m.
- Perham Public Library
225 2nd Ave. NE, Perham
- Pre-registration required by March 25



Grief Support Groups

Seasonal Support Groups

Hospice of the Red River Valley offers a seasonal 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. ***Attendees do not have to attend the first session to participate.***

This support group is free, no pre-registration required. For questions, call (800) 237-4629 and ask for the bereavement department.

Crookston, Minn.

- First and third Thursdays of the month (April, May and June) from 10:30 a.m.-noon
- Crookston Public Library
110 N. Ash St., Crookston

Thief River Falls, Minn.

- Second and fourth Thursdays of the month (April, May and June) from 10-11:30 a.m.
- Thief River Falls Public Library
102 1st St. E., Thief River Falls

Ongoing Support Groups

Hospice of the Red River Valley offers a variety of ongoing support groups, including Grief Journeys for Adults, Grief Journeys for Widows, Grief Journeys for Men, and Pregnancy and Infant Loss. Our groups are held in several locations throughout our service area to provide support and practical suggestions for your grief journey.

All support groups are free and open to the public, no pre-registration required.

Additional information can be found on our website at **www.bit.ly/griefsupportcalendar**, or by calling **(800) 237-4629**.