



Fall 2019 Grief Classes

Learn more about the fall grief classes and workshops available through Hospice of the Red River Valley.

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



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 grief support 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.



Journeying Through Grief

Journeying Through Grief is a series of classes 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.*

SEPT
26

OCT
3, 10

Fargo, N.D.

A series of three classes held on Thursdays, Sept. 26, Oct. 3 and Oct. 10 from 6-7:30 p.m.

Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)

Pre-registration required by Sept. 23

Tear Soup: A Time of Gathering for Grieving Hearts

During this session, attendees will view the Tear Soup video and participate in sharing stories and discussion about grief, 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.*

NOV
14

Pelican Rapids, Minn.

Thursday, Nov. 14 from 6:30-7:30 p.m.

Pelican Valley Health Center
211 E. Mill Ave., Pelican Rapids

Pre-registration required by Nov. 7

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 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.*

OCT
29

Ada, Minn.

Tuesday, Oct. 29 from 1-2:30 p.m.

Grace Lutheran Church
110 3rd Ave. E., Ada

NOV
14

LaMoure, N.D.

Thursday, Nov. 14 from 10 a.m.-noon

AgCountry Farm Credit Services
200 1st St. SW, LaMoure

A Creative Outlet for Grief During the Holidays: DIY Project

Join us for a session of creativity and remembrance as we create a holiday-themed do-it-yourself project. Attendees will work on a take-home project while also discovering ways to manage emotions during the holiday season and learn self-care strategies. *This class is free and open to the public, but pre-registration is required one week prior to the class date.*

NOV
18

Oakes, N.D.

Monday, Nov. 18 from 6-8 p.m.

B&B Gardens, 411 8th St. S., Oakes

Pre-registration required by Nov. 11

NOV
21

Fargo, N.D.

Thursday, Nov. 21 from 10-11:30 a.m.

Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)

Pre-registration required by Nov. 14



Youth Journeys

Youth Journeys is a daylong program for youth, ages 7 to 18, who have lost a loved one to death. The programs will provide youth an opportunity to participate in grief support activities, share stories, create memory keepsakes and receive support from their peers. The day ends with a celebration of life service. Parents/guardians are also required to attend a portion of the day. *This class is free and open to the public, but pre-screening and pre-registration is required.*

OCT
5

Fargo, N.D.

Saturday, Oct. 5 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. 30*



A Creative Outlet for Grief: DIY Ornaments

Join us for a session of creativity and remembrance as we create do-it-yourself holiday tree ornaments. This class is designed for youth, ages 7-18. Youth will learn ways to cope with grief during the holiday season while participating in creative ornament making. They will have a chance to connect with others who have experienced a similar loss through death. All youth registered for the class must be accompanied by an adult. *This class is free and open to the public, but pre-registration is required.*

DEC
15

Lisbon, N.D.

Sunday, Dec. 15 from 2-3:30 p.m.

Hospice of the Red River Valley
415 Main St., Lisbon

Pre-registration required by Dec. 9



It's OK to Espresso Your Feelings Support Group

It's OK to Espresso Your Feelings is a free grief support group for young people, ages 16-20 years old, who have experienced a loss. This group is an opportunity for attendees to connect over coffee and conversation. Losses may include the death of someone (parent, grandparent, sibling, friend or pet) or a loss stemming from change, which may include parents' divorce, a move to a new community and/or school, parent's loss of a job and more.

This group is an open forum where everyone is respected and heard, and where all emotions are accepted and supported. A facilitator will be present to help support the conversation.

The group will meet in the back conference room at Atomic Coffee. Attendees are welcome to order from Atomic Coffee's menu at their own cost. *This support group is free and open to the public; no registration required.*

OCT
NOV
DEC

Fargo, N.D.

Sunday, Oct. 20, Nov. 17 & Dec. 15 from 8-9:30 p.m.

Atomic Coffee, 222 N. Broadway, Fargo

(More info on reverse)

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. ***Please note: Participants must be able to attend the first session to participate in the series. This class is free and open to the public, but pre-screening and pre-registration is required.***

Menahga, Minn.

Wednesdays, Sept. 25, Oct. 2, 9, 16, 23 and 30 from 1-2:30 p.m.

Green Pine Acres, 427 Main St. NE, Menahga

Pre-registration required by Sept. 18

Detroit Lakes, Minn.

Thursdays, Sept. 26 and Oct. 3, 10, 24, 31 and Nov. 7 (no class Oct. 17) from 6-7:30 p.m.

Hospice of the Red River Valley
1111 Highway 10, Detroit Lakes

Pre-registration required by Sept. 19

Transitions Class: 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-registration is required one week before the class date.

Fargo, N.D.

Mondays, Oct. 7, 14, 21, 28 and Nov. 4 from 6-8 p.m.

Hospice of the Red River Valley office
1701 38th St. S., Fargo (Use west door)

Pre-screening and pre-registration are required by Sept. 30

Grief Support Groups

Seasonal Support Groups for Adults

Hospice of the Red River Valley offers a three-month 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 grief support department.

Crookston, Minn.

First and third Tuesday of the month (October, November & December) from 10:30 a.m.-noon

Crookston Public Library
110 N. Ash St., Crookston

Thief River Falls, Minn.

Second and Fourth Tuesday of the month (October, November & December) from 10:30 a.m.-noon (*No group on Dec. 24.*)

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 www.bit.ly/griefsupportcalendar, or by calling (800) 237-4629.