



Spring 2020 Grief Classes

Learn more about the spring 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 by April 6.*

APR
9, 16,
23

Fargo, N.D.

A series of three classes held on Thursdays, April 9, 16 and 23 from 6-7:30 p.m.

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



Grief 101: How to Help Ourselves & Others

When grief enters our lives, our world changes. Learn the basics of grief and how to manage it in your life or help those around you. Attendees will explore the grief process, learn self-care strategies and discover ways to help others who are dealing with grief. *This class is free and open to the public, but pre-registration is required one week before the class date.*

APR
22

Ashley, N.D.

Wednesday, April 22 from 1-3 p.m.

Ashley Senior Citizen Center
111 Center Ave. N., Ashley

APR
30

Ellendale, N.D.

Thursday, April 30 from 5:30-7 p.m.

Community Center, 67 1st Ave. S., Ellendale



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 by April 13.*

APR
18

Fargo, N.D.

Saturday, April 18 from 9 a.m.-3:30 p.m.

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

Without My Better Half

Practical Information for Those Who Have Experienced the Death of a Spouse or Partner

This is a series of classes designed to offer practical information and tips for some of life's challenging tasks after the death of a spouse or partner. The series is an interactive experience with time for questions. You do not have to attend all sessions to participate; you can attend any or all of the sessions. *This class is free and open to the public, but pre-registration is required one week prior to each class date.*

APR 29 - MAY 27
Detroit Lakes, Minn.
*Wednesdays, April 29-May 27 from 1-2:30 p.m.
Pelican Landing, 1325 Pelican Lane, Detroit Lakes

**Please note: You do not have to attend all the sessions to participate.*

Session 1: Wednesday, April 29
Grief 101 and the importance of self-care and physical movement. Come ready to move and learn how to stay active every day.

Session 2: Wednesday, May 6
Estate planning and other legal and financial matters

Session 3: Wednesday, May 13
The challenges of cooking and dining for one

Session 4: Wednesday, May 20
To sell or not to sell – tips from a real estate agent as well as a widower on packing and moving

Session 5: Wednesday, May 27
Vehicle and home maintenance

Guided Meditation for Grief

Join us for a guided meditation session to explore grief and healing through mindful relaxation techniques. The session will allow attendees a chance to cultivate positive self-care through focus, non-judgement and compassion. Guided mediation and mindfulness can help you live with your loss and continue living life in a meaningful way.



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 local gardening experts who will guide attendees through the creation of a beautiful flowerpot. 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 to the class date.*

MAY 3
LaMoure, N.D.
Sunday, May 3 from 2-3:30 p.m.
Harmsen's Greenhouse, 9823 Highway 13, LaMoure
Sponsored by Harmsen's Greenhouse

MAY 12
Lisbon, N.D.
Tuesday, May 12 from 6-7:30 p.m.
B&B Gardens, 1011 Oak St, Lisbon
Sponsored by B&B Gardens

No experience is necessary for this class, and the session will focus on using your mind. *This class is free and open to the public, but pre-registration is required by May 4.*

MAY 7
Fargo, N.D.
Thursday, May 7 from 5:30-7 p.m.
Hospice of the Red River Valley office
1701 38th St. S., Fargo (*Use west door*)

(More info on reverse)



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.

Second and Fourth Tuesday of the month
(April, May & June) from 10:30 a.m.-noon
Crookston Public Library, 110 N. Ash St., Crookston

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.



A Life Remembered

Remembrance Service

Gather with us as we remember and honor those who have died through a remembrance service. This is a peaceful time to reflect on the loss of someone special in your life. This is not a spiritual service, rather a time to celebrate and remember, and find fellowship and strength alongside others. The event is open to all community members. There will be an opportunity to honor your loved one through a photo wall. If you would like to do so, please bring a photo to the service. *No registration is required.*

APR
2

Grand Forks, N.D.

Thursday, April 2 at 6:30 p.m.
Valley Senior Living on 42nd
4000 24th Ave. S., Grand Forks
Meet in the chapel

APR
14

Ada, Minn.

Tuesday, April 14 at 6:30 p.m.
Fredrickson-Ganje Funeral Home
700 East Thorpe Ave., Ada