



2020 Fall Virtual Grief Classes

Hospice of the Red River Valley offers virtual grief classes and workshops this fall.

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.

Our grief support programming is now offered virtually. Please see the complete list below.

Grief During a Pandemic

Join us for a one-session class focused on grief in the midst of the COVID-19 pandemic. Grief affects us through many types of losses. Participants will learn about different types of losses and grief, as well as practical ways to cope with their grief during this unique time.

This virtual class is free and open to the public. Registration is required one day prior to the class date.

TWO CLASS TIMES AVAILABLE

- ▶ Thursday, Sept. 24 from 1-2:30 p.m. or
- ▶ Thursday, Sept. 24 from 6:30-8 p.m.

(More info on reverse)



Guided Mindfulness for Grief

Join us for a virtual, guided mindfulness session to explore grief and healing through mindfulness and visualization techniques. The session will help attendees cultivate positive self-care through mindfulness, breathing exercises, visualization and meditation. No experience is necessary for this class. It's important participants join from a comfortable location with minimal distractions.

This virtual class is free and open to the public. Registration is required one day prior to the class date.



Thursday, Oct. 1 from 6-7:30 p.m.

Journeying Through Grief

Journeying Through Grief is a series of virtual 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.

This series of virtual classes is free and open to the public. Registration is required one day prior to the first class date.



A series of three virtual classes held on:
Thursdays, Oct. 15, 22 and 29 from 6-7:30 p.m.



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 virtual class is free and open to the public. Registration is required one day prior to the class date.

TWO CLASS DATES AVAILABLE



Monday, Oct. 12 from 5:30-7 p.m. or
Monday, Nov. 2 from 1-2:30 p.m.

Did you know?

Hospice of the Red River Valley also offers free ongoing virtual support groups. Groups include Grief Journeys for Adults, Grief Journeys for Widows, Grief Journeys for Men, and Pregnancy and Infant Loss.

Learn more:
bit.ly/griefsupportcalendar
or call (800) 237-4629.



Memory Pillows: A Virtual Grief Group Activity for Kids

Youth ages 8-16 are invited to join us for a session focused on discovering what grief is and learning how to identify their own personal grief feelings and reactions. They will also learn the importance and benefits of keeping memories alive, as well as how to practice good self-care and positive ways to cope with grief. This class will involve group participation and discussion, and making their own memory pillow.

We recommend an adult be nearby or accessible during the class to assist the child, if needed. *This virtual class is free and open to the public. Registration is required by Oct. 6, so arrangements for class supply pick-up can be made.*

▶ Tuesday, Oct. 20 from 6:30-7:30 p.m.



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 virtual presentation will enable attendees to identify and learn how to manage the mixed emotions that can surface when grieving during the holidays. Participants will also learn important self-care strategies.

This is virtual class is free and open to the public. Registration is required one day prior to the class date.

TWO CLASS DATES AVAILABLE

▶ Tuesday, Nov. 10 from 1-2 p.m. or
▶ Monday, Nov. 16 from 6-7 p.m.

A Hands-on Grief Workshop

Hospice of the Red River Valley offers a one-session seasonal art project accompanied by teaching moments for grieving individuals. Research says intentional hands-on activities help not only comfort us in our grief, but also help to integrate our sense of loss and facilitate moving toward healing. *This virtual class is free and open to the public. Registration is required by Oct. 28; participants will pick up class supplies prior to the class. In some cases, the packets may be mailed.*

▶ Monday, Nov. 9 from 5:30-7 p.m.





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