



2022 Free Community Grief Support Classes & Programs

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 monthly grief support classes and programs. Most classes will be held virtually with select classes offered in person only.

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

Note: There will be no monthly class in July.





Finding Joy Amid Grief

This class will help grieving individuals learn how to embrace moments of joy again. Participants will discover the importance of self-care and self-discovery while grieving. The session will help people explore their ability to choose their own path through the grief process.

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

▶ Thursday, Jan. 6 from 11:30 a.m.-1 p.m.



Music, Art & Grief

When we are sad and hurting, music and art can often be a balm to our soul—a path to healing and wholeness. Music can invoke a range of emotions and memories, both soothing and difficult. Art pieces can also bring us to a place of mourning or celebration. Both are vital to the grief process. This class will explore the connection between music and grief.

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

▶ Thursday, Feb. 3 from 11:30 a.m.-1 p.m.



Loss of a Child: Honoring a Parent's Grief

This class will help grieving parents identify and learn how to manage the mixed and painful emotions that accompany the loss of a child of any age. Participants will develop an understanding of the grief process while exploring methods of self-care.

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

▶ Thursday, March 3 from 11:30 a.m.-1 p.m.



Navigating Grief & Self-care for Yourself & Others

This class will help attendees explore the grief process and learn practical self-care strategies. Participants will also 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.***

▶ Thursday, April 7 from 11:30 a.m.-1 p.m.



Hands-on Grief Class for Adults

Research shows intentional hands-on activities help not only comfort us in our grief, but also help integrate our sense of loss and facilitate moving toward healing. This session will include a seasonal art project accompanied by teaching moments that emphasize change, growth and hope.

This class is free and open to the public. It will be held in person only. Registration is required by April 21.

- Detroit Lakes: Hospice of the Red River Valley, 1111 Hwy 10
- Fargo: Hospice of the Red River Valley, 1701 38th St. S., Suite 101 (use west door)
- East Grand Forks: EGF Campbell Library, 422 4th St. NW

► Thursday, May 5 from 11:30 a.m.-1 p.m.



Journeying Through Grief

Journeying Through Grief is designed for adults 18 years and older who have experienced the recent loss of a loved one. The session 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 virtual class is free and open to the public. Registration is required by one day prior to the class date.

► Thursday, June 2 from 11:30 a.m.-1 p.m.



Hands-on Grief Class for Kids

In this class, kids ages 8-16 will have an opportunity to learn about grief and how by honoring memories of someone who has died, it can help them to live on in our hearts and promote healing. Kids will work with their hands to create an art project while learning how to cope with their grief.

This virtual class is free and open to the public. Registration is required by July 28, so arrangements can be made to pick-up class supplies. In some cases, the packets/lists may be mailed.

► Thursday, Aug. 4 from 11:30 a.m.-1 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, Life & Pregnancy after Loss, and Pregnancy & Infant Loss.

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



Pets & Loss

Our pets are our companions and a big part of our lives. Most animals don't live as long as humans, and the loss of our pets can deeply affect us. This course will share some coping mechanisms to help grieve and honor our pets when they die. It will also explore how pets can help us through our grief journey when we lose someone else.

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

▶ Thursday, Sept. 1 from 11:30 a.m.-1 p.m.



Pregnancy & Infant Loss

This class will help grieving parents identify and learn how to manage the mixed and painful emotions that accompany the loss of a pregnancy or infant loss. Participants will develop an understanding of the grief process while exploring methods of self-care.

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

▶ Thursday, Oct. 6 from 11:30 a.m.-1 p.m.



Grief During the Holidays

The holidays are a time of giving thanks, joy and laughter. For people who are grieving, the holidays often bring a mixture of emotions and feelings. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss. This class will enable attendees to identify and learn how to manage the emotions that can surface when grieving during the holidays.

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

▶ Thursday, Nov. 3 from 11:30 a.m.-1 p.m.



Hands-on Grief Class for Adults

This session will incorporate a seasonal hands-on project. Grief-related lessons will be woven into this class. *This class is free and open to the public. It will be held in person only. **Registration is required by Nov. 17.***

- Detroit Lakes: Hospice of the Red River Valley, 1111 Hwy 10
- Fargo: Hospice of the Red River Valley, 1701 38th St. S., Suite 101 (use west door)
- East Grand Forks: EGF Campbell Library, 422 4th St. NW

▶ Thursday, Dec. 1 from 11:30 a.m.-1 p.m.