



Hospice Alaska

Grief Support Groups

2024 Sessions

Stepping Stones

This 7-week closed-format support group offers a safe space for sharing stories and bonding with others who have experienced the death of a loved one. *Understanding Your Grief*, by Alan Wolfelt provides our framework and is among the best literature for grief and loss. Space is limited—call to sign up. All sessions are in person unless otherwise stated. Our Providence Hospice location: 4001 Dale St., Ste. 201 (upstairs)

No Cost

New Online session

Starts Feb. 12-Apr. 1
Meets Mondays
4:00-5:00 pm

Session 2

Starts Feb. 28-Apr. 17
Meets Wednesdays
5:00-6:30 pm

Session 3

Starts Apr. 16-Jun 4
Meets Tuesdays
5:00-6:30 pm

Session 6: Online

Starts July 29-Sep 16
Meets Mondays
4:00-5:00 pm

Session 5

Starts July 30-Sep 10
Meets Tuesdays
5:00-6:30 pm

Session 6

Starts Oct 29-Dec 10
Meets Tuesdays
5:00-6:30 pm

**Call 212-4418 to enroll
or for more information.**

“Mourn well, so you can go on to live well and love well.”
- Alan Wolfelt