



# Grief Support Groups

## 2024 Sessions

### Stepping Stones

This 8-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 4

**Starts July 30-Sep 17**

Meets Tuesdays

5:00-6:30 pm

#### Session 5

**Starts Sep 11-Oct 30**

Meets Wednesdays

5:00-6:30 pm

#### Session 6

**Starts Oct 29-Dec 17**

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**

