



Grief Support Programs

October 2025 to May 2026

All programs require pre-registration. Additional programs may be added throughout the year. For the most up to date information or to register, visit www.mourninghope.org.

Support Groups

Family Grief Support Group

10 weekly sessions

Late Fall: October 13, Monday evenings

Winter: January 22, Thursday evenings

Spring: February 23, Monday evenings

Adult Grief Support Group

8 weekly sessions

Fall: October 22, Wednesday afternoons

Winter: January 20, Tuesday evenings

New! Men's Grief Support Group

8 weekly sessions

Fall: October 23, Thursday evenings

Young Adult Grief Support Group

8 weekly sessions

Fall: October 5, Sunday evenings

Winter: February 1, Sunday evenings

Grief Support After a Suicide Group

8 weekly sessions

Spring: March 31, Tuesday evenings

New! Holding Hope: Extended Support for Returning Families

This once-a-month program is open to returning families with youth ages 4 through 18 who have already completed Mourning Hope's 6-week or 10-week Family Grief Support Group Series.

Once monthly, Wednesday evenings*:

October 15, 2025

February 18, 2026

November 19, 2025

March 18, 2026

January 21, 2026

April 15, 2026

*A brief registration is required each month so we can thoughtfully prepare food, volunteers and activities.

One-Day Programs

November 22

International Survivor of Suicide Loss

Saturday morning

School-based support groups are offered to local schools on a first-come, first-served basis. Please contact Mourning Hope for details.

December 4

Spirit of Giving

Thursday evening



December 6

Holiday Hope

Saturday morning