



# 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](http://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

**December 4**

**Spirit of Giving**

Thursday evening

**December 6**

**Holiday Hope**

Saturday morning



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