

Groups are offered free of charge. Space is limited. Please call for future start dates and to register.

If you are interested in obtaining more information or wish to register for any of these up-coming groups; please contact Robb at: (509)-783-7416 ext 1035 or (509)-572-7460

COVID Impacted Grief Support

Weekly, Every Saturday 9:00 - 10:30 am

A weekly support group for those impacted by the COVID-19 virus; to include those presently or previously COVID positive, as well as family and/or friends present or previously separated from loved ones with the COVID virus.

First Responders Grief Support

1st & 3rd Tuesday of every month,

5:00 - 6:00 pm

A bi-monthly, drop-in support group for Firemen, Policemen, EMS, Healthcare providers (Nurses, Aides, Social Workers, etc.) providing the opportunity to connect with like-minded individuals called to help make a difference.

Understanding Grief

3rd Tuesday every month, 12:00 - 2:00 pm

A 2-hour grief education and awareness format open to grieving adults; covering common grief reactions and responses unique to each person's grief; as well as healthy coping strategies.

Survivors of Suicide

2nd & 4th Tuesday of every month,

3:00 - 4:30 pm

The loss of a loved one by suicide can be especially traumatic and affects individuals differently. Some choose to attend a group soon after the loss, while others may wait years. Wherever you are in the healing process, we invite you to come and join others who are on the same journey.

"Esperanza A Través Del Dolor" Drop-In Support Group

3rd Thursday of every month, 6:00 - 7:00 pm

To register, call Alberto at (509) 460-5807 or email albertot@chaplaincyhealthcare.org

This group welcomes Spanish speaking adults who have experienced a death of a loved one.

Coming to Terms with Loss

1st & 3rd Thursday of every month,

5:00 - 6:30 pm

This group is open to adults experiencing grief due to the death of a loved one.

Gone Too Soon: Pregnancy and Infant Loss

2nd Thursday of every month, 6:30 - 8:00 pm

Call Aggie at (509) 430-4204 to register.

This group is available to adults who have experienced the loss of a baby before or after birth.

Widowed Support Group

Weekly, Wednesday, 1:00 - 2:30 pm

An 8-week, in-depth journey in the grief process welcoming widows, widowers, and partners who are experiencing grief due to the death of their loved one.

Preparation for the Separation

2nd & 4th Thursday of every month,

5:00 - 6:30 pm

A support group for family and friends within Palliative or Hospice Care during the end-of-life journey of a loved one and exploring questions surrounding ways to engage and practice self-care through the process.

Grieving Parents

2nd Wednesday of every month,

5:00 - 6:00 pm

A support group for adults experiencing grief due to the death of a child of any age.