

Groups are offered free of charge.
Virtual and in-person groups offered.
Please call for future start dates and to register.

Understanding Grief Class

1st Friday of every month

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.

Coming to Terms with Loss Support Group

1st & 3rd Tuesday of every month

This 8-session group is open to adults experiencing grief due to the death of a loved one.

Drop-In Grief Support Group

2nd & 4th Tuesday of every month

This group offers support to adults experiencing grief due to a death.

Widowed Support Group

Weekly, Wednesdays

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.

Suicide Loss Support Group

2nd & 4th Tuesday of every month

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 a similar journey.

Gone Too Soon: Pregnancy and Infant Loss Support Group

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.

Grieving Parents Support Group

*2nd Wednesday of every month,
6:00 - 7:00 pm*

To register, call Craig at (509) 572-8349 or email CraigT@chaplaincyhealthcare.org

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

Young Adult Support Group

This drop-in group is for young adults aged 18-25 who have experienced the death of a family member or friend.

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

To register, call Bertha at (509) 572-7810 or email BerthaG@chaplaincyhealthcare.org

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

Pet Loss Support Group

Last Friday of every month

This blended group/class is offered monthly to adults who are grieving the loss of a pet.

If you are interested in obtaining more information or wish to register for any of these groups, please contact grief counselor Idil for details.

(509) 572-5084 or email idila@chaplaincyhealthcare.org