

# NAVIGATING GRIEF

BEREAVEMENT SUPPORT GROUPS  
JANUARY - MARCH 2025

## LOSS OF SPOUSE OR PARTNER

For those who have experienced loss within the last 13 months.

### EVERY OTHER MONDAY

11:00 a.m. - 12:00 p.m. or  
7:00 p.m. - 8:00 p.m.

January 6, 20  
February 3, 17  
March 3, 17, 31

*April - June dates to come.*

### EVERY OTHER WEDNESDAY

11:00 a.m. - 12:00 p.m.

January 8, 22  
February 5, 19  
March 5, 19

*April - June dates to come.*

## LOSS OF PARENT OR FAMILY MEMBER

For those who have experienced loss within the last 13 months.

### EVERY OTHER WEDNESDAY

7:00 p.m. - 8:00 p.m.

January 8, 22  
February 5, 19

March 5, 19

*April - June dates to come*

## REBUILDING OUR LIVES

For those who are in the second year of their grief journey and are focused on walking back into life.

### TUESDAYS, MONTHLY

7:00 p.m. - 8:00 p.m.

January 7

February 4

March 4

*April - June dates to come*

## GRIEF SHARE

A Christ-centered support group for people who have lost a spouse, child, family member, or friend. \$20 workbook fee.

### THURSDAYS, WEEKLY (13 SESSIONS)

10:00 a.m. - 11:30 a.m.

March 6, 13, 20, 27

*April - June dates to come*

## TEACUP LADIES SOUTH

A relaxing time for widows to be strengthened through connection and Relationship. Tea and treats provided.

### WEDNESDAYS, MONTHLY

2:00 p.m. - 3:30 p.m.

January 22

February 26

March 26

*April - June dates to come*



## CAREGIVER SUPPORT

For current caregivers.

### TUESDAYS, MONTHLY

11:00 a.m. - 12:00 p.m.

January 7

February 4

March 4

*April - June dates to come*

## AN ARTFUL GRIEF JOURNEY

An opportunity to process grief through creative expression and community.

### TUESDAYS, WEEKLY

2:30 p.m. - 4 p.m.

January 28

March 4, 11, 18, 25

February 4, 11, 18, 25 *April - June dates to come*

## BEREAVEMENT WORKSHOPS

Open to the community.

### JANUARY: CREATIVE EXPRESSIONS OF GRIEF

Tuesday, January 7, 2:30 p.m.

### FEBRUARY: SELF CARE FOR THE BEREAVED

Tuesday, February 11, 11 a.m.

### MARCH: COOKING FOR ONE

Thursday, March 13, 1 p.m.

**APRIL - JUNE WORKSHOPS TO COME**



### GROUPS MEET AT:

#### VAN ANDEL HOPE AND HEALING PAVILION

8214 Pfeiffer Farms Dr. SW  
Byron Center, MI 49315

### REGISTRATION REQUIRED FOR ALL GROUPS.

Please call 616-356-4825 to register.