

# NAVIGATING GRIEF

JANUARY 2026 - JUNE 2026

## GRIEF SUPPORT GROUPS

Recurring support groups aimed at providing community for those on a journey through grief toward healing.

### 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

#### **Every other Wednesday**

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

January 12, 26

February 9, 23

March 9, 23

April 6, 20

May 4, 18

June 1, 15

January 14, 28

February 11, 25

March 11, 25

April 8, 22

May 6, 20

June 3, 17

### 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 14, 28

February 11, 25

March 11, 25

April 8, 22

May 6, 20

June 3, 17

### 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 6

February 3

March 3

April 7

May 5

June 2

### CAREGIVER SUPPORT

For current caregivers.

#### **Tuesdays, Monthly**

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

January 6

February 3

March 3

April 7

May 5

June 2

### 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 21

April 15

February 25

May 20

March 18

June 17

### GRIEFSHARE

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

#### **Thursdays, Weekly (13 Sessions)**

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

February 19, 26

April 2, 9, 16, 23, 30

March 5, 12, 19, 26

May 7, 14

### YOGA FOR THE BEREAVED

Move through grief with gentle poses and breathwork. Beginner-friendly.

#### **Fridays, Weekly\***

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

January 9, 16, 23

April 10, 17, 24

February 6, 13, 20, 27

May 1, 8, 15, 29

March 6, 13, 20, 27

\*No yoga on Jan. 30, Apr. 3, May 22

### LOCATION

All bereavement support groups meet at the **Van Andel Hope and Healing Pavilion at Trillium Woods**.

8214 Pfeiffer Farms Dr. SW  
Byron Center, MI 49315

### REGISTRATION

Please call **616-356-4825** to register.

 **FaithHospice™**

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## SELF-CARE WORKSHOPS

Monthly educational workshops offering integrative approaches to self-care.

### JANUARY: SELF-CARE 101

Learn simple, effective self-care strategies to support your mind, body, and spirit.

**Tuesday, January 13, 11:00 a.m. - 12:00 p.m.**

### FEBRUARY: FORGIVENESS AND GRIEF

Explore forgiveness as part of the grief journey and find healing within a supportive community.

**Tuesday, February 10, 11:00 a.m. - 12:00 p.m.**

### MARCH: AN ARTFUL GRIEF JOURNEY

Process grief through creative expression and community.

**Tuesday, March 10, 1:00 p.m. - 2:30 p.m.**

### APRIL: COOKING FOR ONE

Rediscover nourishment and confidence in the kitchen while learning practical tips for cooking for one.

**Tuesday, April 14, 1:00 p.m. - 2:30 p.m.**

### MAY: THE OTHER HALLMARK HOLIDAYS

Learn strategies for navigating grief during greeting card holidays and special occasions.

**Tuesday, May 12, 11:00 a.m. - 12:00 p.m.**

### JUNE: GENTLE MOVEMENT

Gently reconnect with your body and ease tension through mindful movement.

**Tuesday, June 9, 11 a.m. - 12:00 p.m.**



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