LIFE AFTER DISRUPTION: NAVIGATING GRIEF, LOSS, & STRESS

CITY OF SPRUCE GROVE

Grief can follow any major life disruption, not just the loss of a loved one. Join our free three-part workshop series to connect with others, gain practical, research-backed tools, & build resilience through life's challenges.

WORKSHOP

Workshop #1 - The Landscape of Grief
Workshop #2 - The Biology of Stress
Workshop #3 - Reclaiming Agency

WHERE

Kickstand Spruce Grove (414 King St, Spruce Grove)

COST

Free

REGISTRATION

https://www.eventbrite.com/e/life-after-disruption-navigating-grief-loss-and-life-transitioning-tickets-2003620497845

PILGRIMS HOSPICE SOCIETY GRIEF SUPPORT GROUP

Pilgrims Hospice Society offers grief support in a group setting to anyone grieving the death of someone significant in their life. Our skilled facilitators and trained volunteers create a caring and compassionate space where you can share your story and connect with others who are grieving.

WHERE

Pilgrims' Roozen Family Hospice Centre (9808 148 St NW, Edmonton)

COST

Free

REGISTRATION

Please complete our intake form to register, at https://pilgrimshospice.com/grief-support-contact/

CONTACT

587-414-1148

MYGRIEF.CA

Because losing someone is hard... Confidential and free, MyGrief.ca helps you to understand and move through your grief through real stories and online learning modules.

Additional Resources

Community Social Development

City of Spruce Grove

Ph: 780-962-7618
E: csd@sprucegrove.org

Community & Social Development

Town of Stony Plain

Ph: 780-963-8583
E: connect@gmail.com

Grief Support

In the Tri-Municipal Region

Winter 2026



TRI-REGION GRIEF COLLABORATIVE

GRIEFSHARE: SURVIVING THE HOLIDAYS

Spruce Grove Alliance Church

The holidays are challenging when you are grieving a loss. Come for encouragement, support and valuable tools to help you navigate the season.

WHEN

November 28, 2026 | 1PM - 3PM

WHERE

Spruce Grove Alliance Church (250 Century Rd Spruce Grove)

COST

$15

REGISTRATION

https://find.griefshare.org/events/305349

BLUE CHRISTMAS: A SERVICE OF COMFORT & HOPE

Spruce Grove Alliance Church

For anyone carrying grief, illness, loneliness, or hardship this season, this Christmas service offers a space for reflection, comfort, and hope.

WHEN

December 16, 2026 | 7PM - 8PM

WHERE

Spruce Grove Alliance Church (250 Century Rd Spruce Grove)

COST

Free

INFORMATION

Email: karen.houcher@sgac.net

PREGNANCY & INFANT LOSS

PERINATAL BEREAVEMENT PROGRAM

Provides support for families that have experienced the loss of a pregnancy / baby through miscarriage, ectopic, medical induction, stillbirth or newborn death.
This service offers:

- Inpatient support
- Virtual and telephone one to one support
- Coordination of Hospital Burial Program
- Coordination of Annual May Memorial

WHEN

Monday-Friday I 9:00 AM-3:00 PM

WHERE

1st Floor, Women's Centre, 10240 Kingsway Avenue NW, Edmonton, AB

COST

Free

REGISTRATION

780-735-4506 or patti.walker@albertahealthservices.ca

LIVING WITH LOSS TO SUICIDE

Peer-led

A self-help group for adults who have experienced the sudden loss of a family member, friends, or co-worker, who has died by suicide. We will support one another as we come together with the experience, strength, and hope that we can survive this traumatic event and learn to live our lives again.

WHEN

Last Monday of the month | 6:30-8:30 PM

WHERE

AHS, Stan Woloshyn Building, 205 Diamond Ave, Spruce Grove

COST

Free

REGISTRATION

Call: 780-342-1354

CARING FRIENDS BEREAVEMENT PEER SUPPORT

Peer-led

Caring Friends is a confidential and informal bereavement peer support group led by trained volunteers with lived experience. Participants are welcome to share their feelings and will have the opportunity to understand the emotions associated with grief in a safe, supportive environment.

WHEN

Second Thursday of the month | 7-8:30 PM

WHERE

Stony Plain Community & Social Development #107-4613 52 Ave, Stony Plain

COST

Free

REGISTRATION

Call: 780-963-8583

PARENTCARE

This group is made up of parents who support each other through miscarriage, stillbirth, and neonatal death.

WHEN

Third Thursday of every month | 7:00 PM

WHERE

Cabrini Centre - 16811 88 Avenue, NW Edmonton, AB - Main Floor

COST

Free

REGISTRATION

Contact 780-989-5040 or parentcareyeg@gmail.com or visit parent-care.ca for more details.

