

## Registered Support Groups

### GRIEF RECOVERY SUPPORT GROUP

*Therapist-led*

Many of us were not taught how to bring completion to our grief and loss. We may have even been taught unhelpful approaches to grief that result in extended and complicated grief. This 8-week support group will provide you with tools to bring completion to your grief and language to identify the loss in your life using the Grief Recovery Method, an evidence-based approach.

#### WHERE

Parkland Wellness Centre

#### COST

\$50 (includes course book)

#### REGISTRATION

Please contact

#### CONTACT

cmpsychhope@gmail.com

### JOURNEY THROUGH GRIEF & MOURNING

*Social Worker-led*

A facilitated 10-week closed, support & educational group. The atmosphere of safety, security & trust is developed within the group, so each member feels safe & secure to work through their grief & mourning experiences using music, art, and talking circles.

#### WHEN

Wednesdays, April 17 to June 19 | 9 AM-12 PM

#### WHERE

AHS, Stan Woloshyn Building, 205 Diamond Ave

Spruce Grove

#### COST

Free

#### REGISTRATION

780-342-1354

### JOURNEY THROUGH GRIEF

*Canadian Certified Counsellor (CCC)-led*

An 8-week program that empowers you to understand and cope with your grief and support emotional healing. This program will be offered virtually from the comfort of your own home and each week you will learn new skills that will help you in your journey through your grief.

#### WHEN

Tuesdays, May 7 to June 25 | 7-9 PM

#### WHERE

Online through WestView PCN

#### COST

Free

#### REGISTRATION

780-960-9533 ext. 3

## Drop-In Support Groups

### LIVING WITH LOSS TO SUICIDE

*Peer-led*

A self-help group for adults who have experienced the sudden loss of a family member, friend, 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, Spruce Grove

#### COST

Free

#### REGISTRATION

Ongoing, but please contact for registration

#### CONTACT

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

Drop-In

#### CONTACT

780-963-8583

### SUPPORTING CHILDREN THROUGH GRIEF

*Therapist-led*

This support group will help children (aged 10-13) manage their grief through emotion mapping and teach them useful ways to cope.

#### WHEN

Tuesdays, April 9 to May 21 | 4-5 PM

#### WHERE

Family Life Psychology and Wellness

#### COST

Free

#### REGISTRATION

Scan QR Code

#### CONTACT

780-963-7451 or info@familylifewellness.ca



### I'M FINE...PREGNANCY & INFANT LOSS

A safe, non-judgemental group where parents, caregivers, and other family supporters can connect, share and heal after the loss of a baby during pregnancy or early infancy.

#### WHEN

First Tuesday of the month | 6:30-8 PM

#### WHERE

Family Connection Centre, Stony Plain

#### COST

Free

#### REGISTRATION

Ongoing via APFA Eventbrite

#### CONTACT

780-963-0549 or danita@apfa.ca





## Additional Resources

### COMMUNITY SOCIAL DEVELOPMENT

*City of Spruce Grove*

Ph: 780-962-7618

E: [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org)

### COMMUNITY & SOCIAL DEVELOPMENT

*Town of Stony Plain*

Ph: 780-963-8583

To find out how your organization/grief group can be added, contact Spruce Grove Community Social Development at [fcss@sprucegrove.org](mailto:fcss@sprucegrove.org)

# GRIEF GROUPS

## in the Tri-Municipal Region

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## SPRING 2024

## Faith-Based Support Groups

### ST. MATTHEW LUTHERAN CHURCH

*Other*

St. Matthew's Grief Support Groups are facilitated by Rev. Michael L. Keith who has a certificate in Grief and Death Studies from the Centre for Loss and Life Transition. This group is offered weekly for four weeks and is provided based on need. *Please contact for more information.*

### CONTACT

780-963-2416 or [keith@stmatthew.com](mailto:keith@stmatthew.com)



GRIEF COLLABORATIVE