

## Registered Support Groups

### 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

Thursdays, May 8-29 | 7 PM-9 PM

Thursdays, June 5-26 | 7 PM-9 PM

#### WHERE

Online through WestView PCN

#### COST

Free

#### REGISTRATION

780-960-9533 ext. 3 or [penny.grise@westviewpcn.ca](mailto:penny.grise@westviewpcn.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, 5600 50 Street, Stony Plain

**COST** Free

**REGISTRATION** Scan QR Code

**CONTACT** 780-963-0549 or [danita@apfa.ca](mailto:danita@apfa.ca)



## 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)

### GRIEFSHARE SUPPORT GROUP

Help and encouragement after the death of a loved one. A safe, welcoming place where people understand the difficult emotions of grief.

#### WHEN

June/July

#### WHERE

Spruce Grove Alliance Church, 250 Century Road, Spruce Grove

#### COST

\$30

#### CONTACT

780-962-4700 or [office@sgac.net/EventRegistrations](mailto:office@sgac.net/EventRegistrations) for more details

## 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, 205 Diamond Ave, 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

Ongoing, but please contact for registration

#### CONTACT

780-963-8583



## Additional Resources

### COMMUNITY SOCIAL DEVELOPMENT

*City of Spruce Grove*

Ph: 780-962-7618

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

### COMMUNITY & SOCIAL DEVELOPMENT

*Town of Stony Plain*

Ph: 780-963-8583

E: [connect@stonyplain.com](mailto:connect@stonyplain.com)

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

# GRIEF GROUPS

in the Tri-Municipal  
Region

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**SPRING 2025**

