

# Holiday Grief Support

## SUPPORT GROUPS

### **CARING FRIENDS BEREAVEMENT SUPPORT GROUP (PEER-LED)**

DATE: 2nd Thursday of the month

TIME: 7 -8:30 P.M.

LOCATION: Stony Plain Community and Social Development,  
#107, 4613 52 Avenue, Stony Plain

CONTACT: 780 -963 -8583

### **LIVING WITH LOSS TO SUICIDE (PEER-LED)**

DATE: Last Monday of the month

TIME: 6:30 – 8:30 P.M.

LOCATION: AHS, Stan Wolyshyn Building, 205 Diamond Ave,  
Spruce Grove

CONTACT: 780 -342 -1354

## PROGRAMS/EVENTS

### **SURVIVING THE HOLIDAYS (In-person)**

The holidays are challenging when you're grieving a loss. GriefShare's "Surviving the Holidays" provides encouragement, support & valuable tools to navigate the season.

Date: November 29, 2025

Time: 1:00-3:00 PM

Location: Spruce Grove Alliance Church

To register visit: [www.sgac.net](http://www.sgac.net)

### **GOOD GRIEF (Virtual)**

This course is for anyone who is interested in learning about loss and the grieving process, and about how to acknowledge and support others in their grief journey.

Date: December 10, 2025

Time: 1:00-3:00PM

Location: Online

To register visit: [www.recoverycollegetedmonton.ca](http://www.recoverycollegetedmonton.ca)

## PROGRAMS/EVENTS

### **BLUE CHRISTMAS (In-Person)**

On one of the longest nights of the year, we invite you to a quiet reflective service that shines Christ's light into the darkness, offering hope in the midst of the realities of our pain, grief and struggles.

Date: Wednesday, December 20, 2023

Time: 7:00PM

Location: Stony Plain Alliance Church, 2  
Keystone Drive, Stony Plain

Website: [spaconline.com](http://spaconline.com)