

JOURNEY THROUGH GRIEF PROGRAM

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

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

HOPE, HEALTH & HEALING EVENT - NAVIGATING THROUGH LOSS AND GRIEF

Join us for a compassionate and informative one-day symposium designed to support individuals and families navigating loss. *Hope, Health & Healing* offers a safe space to learn about the grieving process, explore practical coping strategies, and connect with others who understand the journey of grief.

WHEN

Saturday, April 18 - 9:30 a.m.-3:30 p.m.

WHERE

Heritage Park, Stony Plain (5100 41 Ave)

COST

\$45.00 - If cost is a barrier please contact the Stony Plain Community and Social Development Office.

REGISTRATION

Online, at <https://townofstonyplain.perfectmind.com>

CONTACT

Email connect@stonyplain.com or 780-963-8583

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

CARING SKILLS FOR LIFE: HOW TO HAVE CONVERSATIONS ABOUT DYING AND GRIEF COURSE

Conversations about dying and grief are important but can be hard. This course provides practical tips on how to have caring and compassionate conversations on these topics with friends, family, colleagues and neighbours.

WHEN

Thursday, April 9 - 6:30 p.m.-8:00 p.m.

WHERE

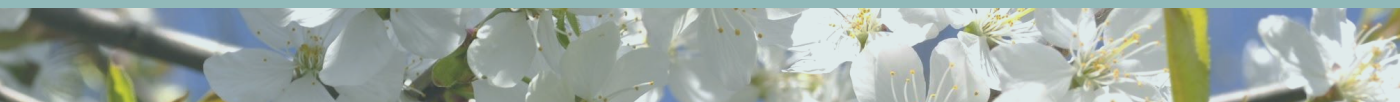
Spruce Grove CSD (414 King Street)

COST

Free

REGISTRATION

Online, at sprucegrove.org/CSDPrograms#caringskills or call 780-962-7618



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 | 9:00 AM-3:00 PM

WHERE

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

CONTACT

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

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

REGISTRATION

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

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@stonyplain.com

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

GRIEF SUPPORT

in the Tri-Municipal Region

SPRING 2026



GRIEF COLLABORATIVE