

2021 Grief Support Groups



Now, more than ever, we need each other. In grief and loss, our world shifts and is forever changed. This can be incredibly unsettling. If you are feeling lost, you are not alone. Even though we are separated by distance, we can still come together in support. Please join us in one of our virtual or phone support groups. As always, each group will be facilitated by one of our caring bereavement team staff.

We are eagerly looking forward to the day we can resume in person groups, until then we are offering several options for either phone or video support groups. Additionally, classes will be held virtually throughout the year. If you are interested in a class please call or email and we will let you know the next available dates.

Email HospiceBereavement@mhc.net or call **800-252-2065**
for more information on any of our groups or classes.

Facilitator	Day	Time	Type of Group
Erin Gray, LPC, CAADC Bereavement Coordinator	Every Tuesday	11am-12:30pm	Phone
	This group meets by calling into a conference line from a landline or cell phone.		
Erin Gray, LPC, CAADC Bereavement Coordinator	1 st and 3 rd Monday	2:00-3:30pm	Video or Phone
	This group meets either by video or phone using zoom. You can join with a computer, cell phone or landline.		
Lonnie Wilkerson Spiritual Care Advisor & Bereavement Services Team	Every Thursday	11am-12:30pm	Video or Phone
	This group meets either by video or phone using zoom. You can join with a computer, cell phone or landline.		
Karen Henderlong Spiritual Care Advisor & Bereavement Services Team	Every Friday	11am-12:15pm	Video or Phone
	This group meets either by video or phone using zoom. You can join with a computer, cell phone or landline.		

All of our support groups and workshops are free and open to the community. Should a group fall on a holiday, it will be cancelled or rescheduled, please contact the facilitator for more information.