

GRIEVING PARENTS

Support Group

2025-26 Schedule
3rd Tuesday Monthly | 6:30-7:45pm | FLC

August 19, 2025

Discussion of Making Meaning Workbook

September 16, 2025

Ch 1 Where Loss Leaves You: Honoring Your Unique Experiences in Grief

October 21, 2025

Ch 2 Questioning the Story: New Perspectives on Your Grief Narrative

November 18, 2025

Ch 3 The Sixth Stage of Grief: Acceptance and Beyond

December 16, 2025

Dinner - Location TBD - Time TBD - Contact Pam

January 20, 2026

Ch 4 Working Through Guilt: Making Things Right When (You Feel) You've Done Wrong

February 17, 2026

Ch 5 Making Meaning: Identifying What Matters

March 17, 2026

Ch 6 Mapping the Future: Picturing a Life of Meaning After Loss

April 21, 2026

Dinner - Location TBD - Time TBD - Contact Pam

