

St. Cloud Area Grief Support Groups & Services

Please contact to verify current information.

GENERAL GRIEF SUPPORT GROUPS & GATHERINGS

Bri's Lodge

Contact Bri's Lodge at (320) 217-2029

Waite Park

www.brislodge.com

- **1:1 Companionship**
Telephone, virtual, or in-person individual support.
- **General Loss Grief Connection**
Small group of 12, meets for 12 sessions.
- **Horses Healing Hearts**
Usually meets the first Thursday of the month. Any age. Max is 8 people per session.
- **Healing Through the 5 Senses**
Contact for schedule of activities.

Center for Life Transitions

Contact Roxann at (320) 248-1563

38 24th Ave N., St. Cloud

www.TheCenterForLifeTransitions.org

- **Soup n' Share Gatherings**
Gather for a bowl of soup and shared conversation after watching a short grief video.
Meets 1st Thursday, 5:30-7pm, Sept-March
- **Sunday Grief Chats**
Enjoy tea and cookies while sharing conversation on a specific topic of rebuilding life after the death of a loved one. **Meets 3rd Sunday, 1-2:30pm, Sept-March**

CentraCare Home Health and Hospice

Contact Grief Services at (320) 259-9375 or email at

CCHospiceGriefSupport@centracare.com

- **8-Week Grief Series**
Offered throughout the year, limited to 10 participants, pre-registration required.
- **Weekly Walk at Lake George**
Connect with others walking in grief. We meet rain or shine by the Municipal Complex building, 1101 7th St S, St. Cloud. No pets. Pre-registration not required.
Meets Mondays at noon May 5th—Oct 27th (No walk on Memorial Day and Labor Day)
*From Nov—April the group walks indoors at Crossroads Mall (meeting by the Boot Barn).

GriefShare*

www.griefshare.org

Two options of a 13 week video/discussion series for those who have had the death of a loved one.

- Contact Donna Bengtson at (320)291-4994
Westwood Church, 5719 Walnut Drive, St. Cloud
Meets Mondays 1-3pm or 6:30-8:30pm
- Contact Terri McCaffrey at (320)493-9925
Calvary Community Church, 1200 Roosevelt Rd, St. Cloud. **Meets Thursdays 1-2:30pm or 6-7:30pm**

GriefWise Retreats

GriefWise retreats are facilitated by AnnElise Bergstrom and Lauren L. Murphy.

- **Retreats for Honoring our Grief**
For individuals looking for support, whether you are navigating new grief or traveling with grief you've carried for a long time.

For more information and to register go to

www.griefwisemn.com

Heart Forward Yoga

Contact (320) 267-3233 or lauren@heartforwardyoga.com

www.heartforwardyoga.com

- Slow-Flow Yoga classes with meditation and breath-work.

MN Mourning to Joy Social Group

Contact Donna Bengtson at (320) 291-4994

- **Facebook Social Group**
For those who have had the death of a loved one to gather for fellowship and fun.

Moments Hospice

Contact Moments Hospice at (320) 372-4300; ask for Rosario Zepeda, Bereavement Coordinator.

www.momentshospice.com

- Telephone, virtual, and in-person support is available.

Quiet Oaks

Contact Quiet Oaks at (320) 255-5433

5537 Galaxy Rd, St. Cloud

- **Fellowship for All**
Each meeting features a guest speaker relating to loss or grief. Zoom link at: <https://quietoakshospicehouse.org/quiet-oaks-fellowship/>
Meets 2nd Tuesday, 7-8pm
- **Guy Talk**
Men who are grieving and want to learn more about their own personal grief journey.
Meets 2nd Saturday, 11am-1pm
- **Gal Time (You Are Not Alone)**
A monthly gathering for women who are grieving the loss of a loved one. (Facilitated by AnnElise Bergstrom, MA, Certified in Grief Support)
Meets 3rd Thursday, 2-4pm

St. Croix Hospice

Contact St. Croix Hospice at (320) 252-2803 or email at Bereavement@stcroixhospice.com

www.stcroixhospice.com

- A variety of virtual support groups. Contact our bereavement department for more information.

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CHILD LOSS

CentraCare Home Health and Hospice

Contact Jackie at (320) 259-9375

www.centracare.com

- **Moms Grief Group**

Group for mothers who have lost adult children.

Center for Life Transitions, 38 24th Ave N, St. Cloud

Meets 2nd and 4th Tuesdays

The Waters Church

Contact Mary Rose at (320) 360-1468

1227 Pine Cone Rd. N., Sartell

- **Bereaved Parents Group**

For parents who have had the death of a child of any age.

Meets every other Tuesday, 6-7:30pm

PERINATAL LOSS

Star Legacy Foundation

<https://starlegacyfoundation.org/support-groups/>

- **Virtual Support Groups** (multiple group options)
For those who have had a newborn death, stillbirth, ectopic pregnancy, or miscarriage.

FAMILY GRIEF CAMP

Healing Hearts Connection

(formerly Children's Grief Connection)

Contact (651) 395-8177

www.healingheartconnection.com

- **Hearts of Hope Family Grief Camps**

Family camp, open to all ages, held twice a year (April & November); free of charge.

LOSSES DUE TO CANCER

CentraCare Coborn Healing Center

To Register call (320) 229-5100 ext. 75100

1900 CentraCare Circle, St. Cloud

- **Bereavement Support Group**

8-week small group sessions for those who had a loved one die from cancer.

WIDOWED & DIVORCED SUPPORT

Widow Might*

www.WidowMight.org

- **Widow Might Connect Group**

Bethlehem Lutheran Church, 4310 Co Rd 137, St. Cloud in the Magi Room

Meets 1st and 3rd Wednesdays, 1-3pm

Beginning Experience of Central MN

Contact: (320) 319-8863

www.beginningexperiencemn.com

- **Weekend Retreat**

Offered twice a year (spring & fall) for those who are widowed, divorced or separated.

Adult Separated/Divorced Support Group

Contact Georgia Huling at (320) 253-7453 or

(320) 290-5935

- **Weekly group** for separated/divorced.

Love of Christ Church, 1971 Pine Cone Rd, St. Cloud

Meets 2nd and 4th Mondays, 7-9pm.

Sisterhood of the Widowhood

Contact Jinae Plumhoff at (320) 444-7014

- **Facebook Social and Connection Group**

A place for women under 50 and their children to connect.

ANNUAL GRIEF EVENTS

Bri's Lodge (320) 217-2029

- **Rays of Hope Walk**

Event is held on the first Saturday in October.

- **Angel of Hope Candlelight Vigil**

Held annually on December 6th at 6:30pm at the Sartell Community Center.

Center for Life Transitions

(Call Roxann at (320) 248-1563.)

- **Healing Holiday Heartache Seminar**

- **Seasons of Grief Retreats**

SUICIDE LOSS

Center for Life Transitions

Contact Roxann at (320) 248-1563

38 24th Ave N, St. Cloud

www.TheCenterForLifeTransitions.org

- **Healing Hearts of Suicide Loss Group**

For those who have experienced the suicide death of a loved one.

Meets 3rd Tuesday, 6:30-8pm