

Grief Support Community Offerings

JANUARY - MARCH 2025



GRIEF WORKSHOPS



Visit [AskForAngela.com](https://www.AskForAngela.com) or scan QR code for details or to register for workshops.

Loss from Suicide or Overdose Support Workshop

In this safe and understanding environment, experience emotional support, coping strategies, and connection with others who share similar experiences.

JANUARY 14, 2025 • 6-7 P.M. • VIRTUAL

Teen Vision Board Workshop

Express your emotions, hopes, and dreams through art while connecting with others who understand the challenges of loss, in this creative and healing workshop for grieving teens.

JANUARY 20, 2025 • 1-3 P.M. • IN-PERSON
*REGISTER BY JANUARY 15

Candle Making Workshop

Create a beautiful candle as a way to honor and remember your loved one.

FEBRUARY 22, 2025 • 1-3 P.M. • IN-PERSON
*REGISTER BY FEBRUARY 8

Financing the Future Workshop

Get expert advice on end-of-life financial preparation and matters such as estate planning, insurance, and other important steps to ensure your financial well-being during a challenging time.

MARCH 7, 2025 • 2-3:30 P.M. • IN-PERSON
*REGISTER BY FEBRUARY 28

Grieving Parents Support Workshop

Connect with others who understand the unique pain of losing a child in this supportive environment designed to offer comfort, healing, and strategies to help you on your grief journey.

MARCH 10, 2025 • 6-7 P.M. • VIRTUAL

*Requires Registration

IN-PERSON GROUPS

Creative Connections for Kids

Through music therapy and grief counseling, this group offers a creative way for kids to explore their grief in a supportive environment. This group takes place in the Angela Hospice administration building.

1ST & 3RD TUESDAY OF EACH MONTH • 5-6 P.M.
AGES 5-13

Grieving & Weaving

Whether you knit, crochet, embroider, or cross stitch, bring your project to this monthly group and talk grief with one of our counselors while you craft. This group takes place in the Angela Hospice administration building.

1ST MONDAY OF EACH MONTH • 6-7 P.M.

Healing Hearts Book Club

Join our grief counselors each month to discuss a selected book and share insights. Visit our website for current and future book selections. This group takes place in the Angela Hospice administration building.

4TH TUESDAY OF EACH MONTH • 2-3 P.M.

Loss of a Spouse/Partner

Experiencing the loss of a spouse or partner can be incredibly difficult. Join others who are grieving this type of loss in a supportive peer-to-peer group. This group takes place in the administration building.

1ST & 3RD THURSDAY OF EACH MONTH • 2-3 P.M.

Together in Grief

Open to all adults who have experienced the loss of a loved one, this peer-to-peer support group meets in the Angela Hospice administration building.

1ST & 3RD TUESDAY OF EACH MONTH • 2-3 P.M.

VIRTUAL GROUPS



Visit [AskForAngela.com](https://www.AskForAngela.com) or scan QR code to access the group's Zoom link.

Navigating Grief

Grief can be overwhelming and difficult to understand. In this counselor-led educational support group for adults experiencing loss, you will explore the grieving process, strategies for coping, and ideas for self-care.

1ST & 3RD WEDNESDAY OF EACH MONTH • 2-3 P.M.

The Young & The Grieving

This counselor-led support group aims to provide a supportive and compassionate space for grieving adults ages 18-40.

3RD THURSDAY OF EACH MONTH • 6:30-7:30 P.M.

VIRTUAL SERIES

Visit [AskForAngela.com](https://www.AskForAngela.com) or scan QR code above to register for the series below. Once registered, you will receive a Zoom link.

Early Grief

This 8-week series is an opportunity for those dealing with a recent (within one year) loss to connect with our grief counselors in a supportive and educational online space.

STARTING MARCH 6 • EVERY THURSDAY • 4-5 P.M.
***REGISTER BY FEBRUARY 26**

Living with Grief

This 8-week series is an opportunity for griever who have already made the profound and difficult journey through a year of "firsts." If it has been 2-3 years since your loss, come connect with our grief counselors in a supportive and educational online space.

STARTING MARCH 5 • EVERY WEDNESDAY • 4-5 P.M.
***REGISTER BY FEBRUARY 26**

KIDS COUNSELING

Angela Hospice offers free one-to-one counseling to grieving children, based on availability.
Call 734.464.3277 to schedule a session.