

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

www.centracare.com

- **8-Week Grief Series**
Offered throughout the year, limited to 10 participants, pre-registration required.
- **Grief Support Group**
Open to anyone who has lost a loved one.
Center for Life Transitions, 38 24th Ave N, St. Cloud
Meets 2nd and 4th Thursdays, 4:30-5:30pm

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

Heart Forward Yoga

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

www.heartforwardyoga.com

- Slow-Flow Yoga classes with meditation and breathwork.

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.

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.

The Healing Grounds

Contact (320) 493-8472

412 15th St N, Cold Spring

• **1:1 Grief Support**

One on one grief support for all types of loss.

Come As You Are

Contact AnnElise at aebergstrom27@gmail.com

• **Come As You Are**

For individuals who are struggling with the death of a loved one. Groups form throughout the year for 8-12 weeks at a time and meet weekly.

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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**

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.healingheartsconnection.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.

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

VETERAN LOSS

Veteran Resource Enrichment Center

Contact Kerri Schwegel at (320) 204-5660
501 17th Ave N, St. Cloud

- **Warrior Grief Support**
For veterans and/or their family members.
Meets every Tuesday, and 2nd/4th Wednesday, 2-4pm

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: (320) 253-7453 or (320) 290-5935

- **Weekly group** for separated/divorced.
Love of Christ Church, 1971 Pine Cone Rd, St. Cloud
Meets every Monday, 7-9pm.