

# St. Cloud Area Grief Support Groups & Services

## GENERAL GRIEF SUPPORT GROUPS

### CentraCare Health Home Care and Hospice

Contact Grief Services at (320) 259-9375  
[www.centracare.com](http://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. This group is virtual.

**Meets 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month, 4:30-5:30pm.**

### Bri's Lodge

Contact Tami Kruzel at (320) 217-2029  
[www.brislodge.com](http://www.brislodge.com)

- **1:1 Companionship**

Telephone or in-person individual support.

- **Grief Support Groups**

Our support groups offer a safe place for you to share your journey after the loss of a loved one.

### Heartland Hospice

Contact Haley Power at (320) 654-1136

- Call for more information on grief groups and individual consultation.

### St. Croix Hospice

Contact St. Croix Hospice at (320) 252-2803  
[www.stcroixhospice.com](http://www.stcroixhospice.com)

- Telephone, in-person, group or referral as needed.

### Come As You Are

Contact AnnElise at [aebergstrom27@gmail.com](mailto: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 we meet weekly.

### Westwood Church

Contact Donna Bengtson at (320) 291-4994  
[www.griefshare.org](http://www.griefshare.org)

- **Grief Share**

5719 Walnut Drive, St. Cloud

**Meets Mondays 1-3pm or 6:30-8:30pm, for 13 weeks. Check website or call for dates.**

### Center for Life Transitions

Contact Roxann at (320) 248-1563  
[www.TheCenterForLifeTransitions.org](http://www.TheCenterForLifeTransitions.org)

- **Soup n' Share Gatherings**

38 24th Ave N., St. Cloud. Gather for a bowl of soup and shared conversation after watching a short grief video. Limited to 10 participants, pre-registration required.

**Meets 3<sup>rd</sup> Thursday of the month, 5:30-7pm, from September through March.**

### Quiet Oaks

- **Fellowship for All**

We are dedicated to be present for those with grieving hearts. To provide a safe place for fellowship amongst peers. To listen, share, care and show compassion and encouragement.

**Meets 2<sup>nd</sup> Tuesday of the month via Zoom from 7-8pm.** Each meeting features a guest speaker relating to loss or grief. To sign up for the Zoom link, go to:

<https://quietoakshospicehouse.org/quiet-oaks-fellowship/>

### The Healing Grounds

Contact (320) 493-8472

- **1:1 Grief Support**

412 15th St. N., Cold Spring

One on one grief support for all types of loss.

## SUICIDE LOSS

### Center for Life Transitions

Contact Roxann at (320) 248-1563

- **Suicide Loss Support Group**

38 24th Ave N., St. Cloud. For those who have experienced the suicide death of a loved one.

**Meets 3<sup>rd</sup> Tuesday of the month, 7-8:30pm.**

## FAMILY GRIEF CAMP

### Healing Hearts Connection

(formerly Children's Grief Connection)

Contact (651) 395-8177  
[www.healingheartsconnection.com](http://www.healingheartsconnection.com)

- **Hearts of Hope Family Grief Camps**

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

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## CHILD LOSS

### CentraCare Health Home Care and Hospice

Contact Jackie at (320) 259-9375  
[www.centracare.com](http://www.centracare.com)

- **Moms Grief Group**

38 24th Ave N., St. Cloud. Group for mothers who have lost adult children.

**Meets 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month.**

### The Waters Church

Contact Mary Rose at (320) 360-1468

- **Bereaved Parents Group**

1227 Pine Cone Rd. N., Sartell. For parents who have experienced the death of a child of any age.

**Meets every other Tuesday, 6-7:30pm.**

### Smile Again Ministries

Contact Tom & Wendy Canon at (320) 310-8877  
[www.smileagainministries.org](http://www.smileagainministries.org)

- **Grief Care Center**

38509 Pickerel Trail, Crosslake. Dedicated to helping grieving families find hope and peace.

## ANNUAL GRIEF EVENTS

### Bri's Lodge

Contact Tami Kruzel at (320) 217-2029  
[www.brislodge.com](http://www.brislodge.com)

- **Rays of Hope Walk**

The walk starts at the Sartell Community Center and stops at the Angel of Hope on Lake Francis. This is a family event with games and music before the walk for children.

**Event is first Saturday in October.**

- **Angel of Hope Candlelight Vigil**

Starts with a small indoor service at the Sartell Community Center with a vigil with flowers at the base of the Angel. Light refreshments after.

**Event is December 6<sup>th</sup> annually.**

### Center for Life Transitions

Contact Roxann at (320) 248-1563  
[www.TheCenterForLifeTransitions.org](http://www.TheCenterForLifeTransitions.org)

- **Healing Holiday Heartaches**

38 24th Ave N., St. Cloud. Seminar focusing on ways to understand and express difficult feelings during the holidays and other significant times.

**Event is in November.**

## PERINATAL LOSS

### Star Legacy Foundation

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

- **Virtual Support Groups**

For families who have experienced the loss of an infant through newborn death, stillbirth, ectopic pregnancy, and miscarriage.

- \* Grieving parents group
- \* Grieving grandparents group
- \* Dads grief discussion group
- \* Parenting after loss group
- \* Pregnancy after loss group
- \* Coping with SUID/SIDS & infant death

## GRIEF SUPPORT FOR MEN

### Quiet Oaks

Contact Arlen Johnson at (320) 291-0032

- **Guy Talk**

Cottage of St. Therese, 5537 Galaxy Rd, St. Cloud. For men who are grieving and want to learn more about grief in their own personal journey.

**Meets 2<sup>nd</sup> Saturday of the month, 11am-1pm.**

## WIDOW GRIEF SUPPORT

### Center for Life Transitions

Contact Roxann at (320) 248-1563  
[www.TheCenterForLifeTransitions.org](http://www.TheCenterForLifeTransitions.org)

- **Widowed Persons Group**

38 24th Ave N., St. Cloud

**Meets 1<sup>st</sup> Tuesday of the month, 7-8:30pm**

### Bethlehem Lutheran Church

[www.WidowMight.org](http://www.WidowMight.org)

- **Widow Might Connect Group**

4310 Co Rd 137, St Cloud

**Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month, 1pm in Magi Room.**

## BEGINNING EXPERIENCE OF CENTRAL MN

Call Connie at (320) 319-8863  
[www.beginningexperiencemn.com](http://www.beginningexperiencemn.com)

- **Weekend Retreat**

Offered twice a year for widowed, divorced or separated.