

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
- **Tea Time Conversations**
Enjoy tea and cookies while sharing conversation on a specific topic of rebuilding life after the death of a loved one.
Meets 3rd Sunday, 2-3:30pm, 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

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.

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.

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.

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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

Smile Again Ministries*

Contact: Tristan Borland (218) 251-2000 - tristanborland@hotmail.com

or Jill Borland at (320) 310-8877 - jillo3@hotmail.com

www.smileagainministries.org

- **Grief Care Center**

For grieving families who have lost a child. Individual counseling at Whitetail lodge; peaceful setting. Helping hurting families find hope and peace.
38509 Pickerel Trail, Crosslake

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.

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

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, 7-8:30pm

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.

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**

WIDOWED & DIVORCED SUPPORT

Center for Life Transitions

Contact Roxann at (320) 248-1563

38 24th Ave N, St. Cloud

www.TheCenterForLifeTransitions.org

- **Widowed Persons Support Group**

A support group for men and women who have had the death of a spouse/partner at any time.

Meets 1st Tuesday, 7- 8:30pm

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.

Additional resources continued on the other side.

* Indicates faith-based