

St. Cloud Area Grief Support Groups & Services

GENERAL GRIEF SUPPORT GROUPS & GATHERINGS

CentraCare Health Home Care 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.
This group is virtual.

Meets 2nd and 4th Thursdays, 4:30-5:30pm.

Bri's Lodge

Contact Tami Kruzel at (320) 217-2029
www.brislodge.com

- **1:1 Companioning**

Telephone or in-person individual support.

- **General Loss Grief Connection**

3400 1st St N, Unit #305, St. Cloud.
A group open to anyone with a loss of someone.
Meets every Tuesday, 6-8pm.

Moments Hospice

Contact Moments Hospice at (320) 372-4300;
Ask to be transferred to the bereavement team.
www.momentshospice.com

- Telephone, virtual and in-person support is available. Weekly Monday virtual group offered.

ProMedica/Heartland Hospice

Contact Haley Power at (320) 654-1136
www.promedicahospice.org

- Call for more information regarding groups and individual consultation.

St. Croix Hospice

Contact St. Croix Hospice at (320) 252-2803
[www.bereavement@stcroixhospice.com](mailto:bereavement@stcroixhospice.com)

- We offer a variety of virtual support groups.
Contact our bereavement department.

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 we meet weekly.

Westwood Church

Contact Donna Bengtson at (320) 291-4994
www.griefshare.org

- **Grief Share**

5719 Walnut Drive, St. Cloud.

A 13 week faith-based video/discussion series for those with death of a loved one. Group meets 2-3 times a year, but can join any week.

Meets Mondays 1-3pm or 6:30-8:30pm.

Center for Life Transitions

Contact Roxann at (320) 248-1563
www.TheCenterForLifeTransitions.org
38 24th Ave N., St. Cloud.

- **Soup n' Share Gatherings**

Gather for a bowl of soup and shared conversation after watching a short grief video relating to coping with the death of a loved one.

Meets 3rd Thursday, 5:30-7pm, Sept-March.

- **Tea Time Conversations**

Enjoy a cup of tea and cookies while sharing conversation on a specific topic of rebuilding life after the death of a loved one.

Meets 2nd Sunday, 2-3:30pm, Sept-March.

Quiet Oaks

- **Fellowship for All**

Each meeting features a guest speaker relating to loss or grief. For the Zoom link, go to: <https://quietoakshospicehouse.org/quiet-oaks-fellowship/>

Meets 2nd Tuesday, 7-8pm.

- **Guy Talk**

Contact Arlen Johnson at (320)291-0032
Cottage of St. Therese, 5537 Galaxy Rd, St. Cloud. For men who are grieving and want to be with others and learn more about their own personal grief journey.

Meets 2nd Saturday, 11am-1pm.

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.

St. Cloud Area Grief Support Groups & Services

CHILD LOSS

CentraCare Health Home Care and Hospice

Contact Jackie at (320) 259-9375

www.centracare.com

- **Moms Grief Group**

38 24th Ave N., St. Cloud.

Group for mothers who have lost adult children.

Meets 2nd and 4th Mondays.

The Waters Church

Contact Mary Rose at (320) 360-1468

- **Bereaved Parents Group**

1227 Pine Cone Rd. N., Sartell. For parents who have had 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

- **Grief Care Center**

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

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

- **Warrior Grief Support**

501 17th Ave N., St. Cloud.

For veterans and/or their family members.

Meets every Wednesday, 2-4pm.

ANNUAL GRIEF EVENTS

Bri's Lodge (call Tami at 217-2029)

- **Rays of Hope Walk**

Event is held on the first Saturday in October.

- **Angel of Hope Candlelight Vigil**

Event is held on December 6th annually.

Center for Life Transitions (call Roxann at 248-1563)

- **Healing Holiday Heartache Seminar**

Event is held on the third Sunday in November.

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.

SUICIDE LOSS

Center for Life Transitions

Contact Roxann at (320) 248-1563

www.TheCenterForLifeTransitions.org

- **Healing Hearts of Suicide Loss Group**

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

Meets 3rd Tuesday, 7-8:30pm.

WIDOWED & DIVORCED SUPPORT

Center for Life Transitions

Contact Roxann at (320) 248-1563

www.TheCenterForLifeTransitions.org

- **Widowed Persons Support Groups**

38 24th Ave N., St. Cloud.

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

Meets 1st Tuesday, 7-8:30pm and also the 2nd Thursday, 2-3:30pm

Bethlehem Lutheran Church

www.WidowMight.org

- **Widow Might Connect Group**

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

Meets 1st and 3rd Wednesdays, 1pm.

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

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