

Adult Grief Support Groups

Coffee and Conversation

Monthly drop-in group offering grief support for men and women.

Second Wednesday of the month

Aug. 12, Sept. 9, Oct. 14, Nov. 11, Dec. 9, Jan. 13,
Feb. 10, March 9, April 13 & May 11

10:30-11:30 a.m.

District One Hospital, 200 State Avenue, Faribault

Lower level classrooms

Call 507-332-4835 to register before attending your first session.



Newly Bereaved

Education and discussion for those who have experienced a loss in the last six months. Topics include: impact of grief on families and relationships, what's "normal" in grief and exploring the grief process.

Choose a session:

Sept. 10, 6:30-7:30 p.m.

Oct. 8, 10-11 a.m.

Nov. 2, 6:30-7:30 p.m. or

Dec. 7, 1-2 p.m.

District One Hospital, 200 State Avenue, Faribault

Lower level classrooms

Registration is not required.

Anyone who has experienced a loss through death is welcome to attend. Programs are led by a grief counselor and trained volunteers. Participants discuss similar losses and concerns and discover a greater understanding about their grief, leading to personal growth and healing.

If you prefer to receive support individually, a grief counselor is available. Many people feel reassured and affirmed about their grief experience after meeting with a counselor. If you would like to discuss which program would be the most supportive for you, please call Michele Hendel, grief counselor. Additional counseling services may be recommended if necessary.

Grief Support Programs

Grief support programs provide an opportunity to be with others who share and understand your grief. These programs provide a place to receive and offer support, help prevent feelings of isolation and offer tools to work with your grief.

Free & open to the public, grief support groups are provided by Faribault Area Hospice, a service of District One Hospital.

Please call 507-332-4835 with questions.