



Dear Friends,

The journey of grief can bring an array of feelings, and at times, leaves us feeling isolated, and uncertain if others can relate or understand. Support groups can provide a safe space to share feelings and experiences and to learn strategies for the journey.

We invite you to join us for our Summer 2025 Grief Support Groups. Groups meet for twelve (12) weeks, and are facilitated by teams of trained grief counselors and peer support volunteers. The groups are specific to the relationship of your loss. Please see the reverse side of this letter for a listing of the various groups, days and times that we have to offer.

We welcome you to call with any questions that you might have. **Advance registration is required, and space is limited. Please contact us by phone to register (559) 248-8579 and we will email or mail the necessary paper work to finalize registration.** The fee is \$40 per person or \$60 per couple, which covers the 12 weeks of the Summer session. A limited number of scholarships are available, and some programs are offered at no charge thanks to generous community support.

If a group becomes too small, it may be postponed until our Fall session. Because of space limitations and confidentiality, we regret that we cannot allow guests of participants to attend.

We look forward to welcoming you to our Grief Support Group Program and hope that you find it supportive during this difficult time.

We need not walk alone....
We reach out to each other with love and
Understanding and with hope....
We come together from all walks of life,
From many different circumstances....
We need not walk alone.
~Credo of The Compassionate Friends

In Care and Support,
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*The following groups meet weekly for 12 weeks beginning the week of **June 9, 2025.***

Advanced registration for the following support groups is required.

Angel Babies

Parents who have lost a baby in pregnancy or infancy
Tuesdays, 6:30-7:30 PM
No fee to attend

Circle of Friends (Ages 3-12)

Tuesdays
6:30-7:30 PM
No fee to attend

Teen Group (Ages 13-17)

Tuesdays, 6:30-7:30 PM
No fee to attend

Loss of Partner/Spouse

Tuesdays, 10-11 AM
Tuesdays, 6:30-7:30 PM

Loss of Parent/Sibling

Tuesdays
6:30-7:30 PM

Loss of Child

Tuesdays, 6:30-7:30 PM

Survivors of Suicide Loss (Adults)

Tuesdays, 6:30-7:30 PM

Healing After a Loss by Overdose (HALO)

Parents who have lost a child due to a drug related death
Tuesdays, 6:30-7:30 PM

*The Center for Grief & Healing offers the following drop-in grief support groups with **no fee** or prior registration required.*

Pregnancy After Loss

2nd & 4th Monday monthly
Online Zoom (call for link)
4-5 PM

Healing After a Loss by Overdose (HALO)

Peer/Clinician Led
2nd Thursday monthly
6:30-8 PM

Survivors of Suicide Loss Peer/Clinician Led

2nd & 4th Thursday monthly
6:30-8 PM

If you have questions or need more information please call the Center for Grief & Healing at 559-248-8579.

We thank the following for their generous support of the grieving families we serve!

- Inspire Health
- Sante' Health System, Inc
- 2024 Gala Donors & Sponsors
- The Bertha & John Garabedian Charitable Foundation
- The Martha J. Waller Trust
- Theodore John Stratigos Philanthropic Fund
- Valley Children's Healthcare
- Fresno County Department of Behavioral Health