



# 2025 VIRTUAL GRIEF SUPPORT GROUPS

Virtual groups provide a unique way to receive grief support from the comfort of your home or anywhere else. Join our virtual groups to receive grief support from the comfort of your home. Share your journey with others who understand and learn helpful coping skills in a supportive online environment.



Register for these virtual groups online at  
[www.stcroixhospice.com/bereavement](http://www.stcroixhospice.com/bereavement).

- **Beyond the Heartbreak: Spousal Grief Support**
- **Caring for Grieving Children**
- **Healing Hearts: Virtual Support Group**  
This is a general grief support group that will discuss different topics around grief each month.
- **Healing in Transition**
  - Healing in Transition: Anticipatory Grief
  - Healing in Transition: Caregiver Burnout
- **Parent Loss**
- **Specialized Grief Support Groups**
  - Loss from Cancer
  - Loss from Dementia
- **Spiritual Resiliency & Meditation**  
This group focuses on spiritual resiliency during grief, no matter what belief system you have, including spiritual exercises and meditation tips.
- **Understanding Your Grief: 10-Week Book Study**  
Offered twice a year, this 10-week book study will use Alan Wolfelt's book "Understanding Your Grief" through readings, journaling and group discussion.

In addition to virtual groups, St. Croix Hospice offers in-person grief support throughout the year. For a list of current or upcoming in-person groups, visit [www.stcroixhospice.com/bereavement](http://www.stcroixhospice.com/bereavement). If you have questions about any of our virtual or in-person events, contact our bereavement team at [bereavement@stcroixhospice.com](mailto:bereavement@stcroixhospice.com) or 651-251-4856.

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