



Hospice Alaska

Grief Support Groups

2025 Sessions

Stepping Stones

This 7-week closed-format support group offers a safe space for sharing stories and bonding with others who have experienced the death of a loved one. *Understanding Your Grief*, by Alan Wolfelt provides our framework and is among the best literature for grief and loss. Space is limited—call to sign up. All sessions are in person and are at our Providence Hospice location: 4001 Dale St., Ste. 202 (upstairs). (Subject to change based on need)

No Cost

Session A

Starts Jan. 28-Mar 11
Meets Tuesdays
5:00-6:30 pm

Session B

Starts Feb. 26-Apr. 9
Meets Wednesdays
5:00-6:30 pm

Session C

Starts Mar. 24-May 5
Meets Mondays
4:00-5:30 pm

Session D

Starts July 22-Sep. 2
Meets Tuesdays
5:00-6:30 pm

Session E

Starts Sep. 17-Oct 29
Meets Wednesdays
5:00-6:30 pm

Session F

Starts Oct. 28-Dec. 9
Meets Tuesdays
5:00-6:30 pm

**Call 212-4418 to enroll
or for more information.**

“Mourn well, so you can go on to live well and love well.”
- Alan Wolfelt

