# **Bereavement Calendar**

April - June 2023

## YMCA Niles-Buchanan Grief Support Group

This is an open-ended monthly bereavement support group available to the public. You are welcome to attend the group as long as you find it helpful. All adults who have experienced the death of someone in their lives are invited to take part in the healing process within this comforting, supportive environment. The group is offered at no charge. Please RSVP by calling 269-429-7100.

Second Wednesday of each month

Noon - 1 pm

Niles-Buchanan YMCA 905 North Front Street. Niles

### South Haven Grief Support Group

This is an open-ended monthly bereavement support group available to the public. You are welcome to attend the group as long as you find it helpful. All adults who have experienced the death of someone in their lives are invited to take part in the healing process within this comforting, supportive environment. The group is offered at no charge. RSVP to 269-983-2707 to attend.

Second Thursday of each month

1:00 - 2:00pm

Senior Services, Van Buren County

8337 M-140, South Haven

#### **Just Coffee**

When you are grieving it can be tough getting out and socializing again. Perhaps those precious moments in the morning once shared with your person are difficult to get through. Having a familiar, comfortable place to go can help ease the transition.

Second Friday of every month

9:00 - 11:00am

Lory's Place - St. Joseph

# Walking Group - Stevensville

Join us as we spend time outside at one of our community parks. This is an opportunity for participants who are grieving to gather together in a supportive environment as we walk and talk. Participants are encouraged to walk at their own pace, benches are available to take breaks. All groups begin in the Parking lot at the Community Center Park in Stevensville. This is an open group and there is no need to preregister or attend all sessions. This is an adult-only group. For more information contact Jaime Hoover at 269-429-7100.

Every Thursday May 4 - September 28

9:30 - 10:30am

Community Center Park

Lincoln Township

5575 S. Roosevelt Rd, Stevensville

## Walking Group - St. Joseph

Enjoy a pleasant walk with others through lovely St. Joseph. You will start and end at Lory's Place. This is an open group and there is no need to pre-register or attend all sessions. This is an adult-only group. For more information contact Lory's Place at 269-983-2707.

Last Wednesday of each month June 28 - September 27

9:30am

Lory's Place - St. Joseph

## **Celebration of Life**

Our service honors patients served by the organization, as well as community members who have died in the previous year. This non-denominational program is open to the public. There will be a reception following the service with a time of fellowship. Please RSVP at 269-983-2707.

Thursday, April 27

5:30pm

Caring Circle - St. Joseph

## **Good Grief**

"Good Grief" covers topics such as why you feel the way you do; how to cope with loss, guilt and regret; and finding a sense of peace. Each seven-week session meets for one hour and thirty minutes of meaningful information and sharing. Please RSVP at 269-429-7100.

**Spring Sessions** 

Tuesdays, May 2 - June 13

3:00pm - 4:30pm

Caring Circle - St. Joseph

Tuesdays, May 2 - June 13

10:30am - Noon

Niles YMCA 905 N. Front St., Niles, MI

Wednesdays, May 3 - June 14

12:30pm - 2:00pm

South Haven Memorial Library 314 Broadway St., South Haven

# **Bereavement Calendar**

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#### **Book Club**

Our next book is The Longest Ride by Nicholas Sparks. From the dark days of WWII to present-day North Carolina, this New York Times bestseller shares the lives of two couples overcoming destructive secrets -- and finding joy together. The book will be discussed in its entirety. Books are not provided but can be ordered through Lory's Place. If you have any questions or would like to attend please contact us at 269-983- 2707.

Monday, May 8

5:00 - 6:30pm

Lory's Place - St. Joseph

## **Memorial Day Event**

We will be remembering and honoring those that gave their lives in our nation's wars with a time of sharing and a candle lighting. If you have any questions or would like to attend please contact us at 269-983-2707. Space is limited so please call us today to reserve your spot.

Friday, May 26

3:00 - 4:30pm

Lory's Place - St. Joseph

### Canvas, Cobbler and Coffee

A fun night of creativity, socializing and delicious treats! Adults will be guided in the creation of their own acrylic painting on canvas. We will be following a simple four step process and no previous art experience is needed. There is no charge but space is limited to 10 so register early to reserve your seat! . If you have any questions or would like to attend please contact us at 269-983- 2707.

Wednesday, May 31

6:00 - 8:00pm

Lory's Place - St. Joseph

Regularly scheduled support group sessions at Lory's Place, a grief healing and education center of Caring Circle, are a safe harbor where children in preschool through high school, as well as adults, can work through their grief in age-appropriate peer groups.

The bereavement programs and services provided by Caring Circle and Lory's Place are made possible through the generosity of our many donors and volunteers and are provided to all at no cost, as a community service.

St. Joseph Caring Circle Office 4025 Health Park Ln. St. Joseph, MI 49085 (269) 429-7100 South Haven Caring Circle Office 05055 Blue Star Hwy South Haven, MI 49090 (269) 637-3825 Niles Caring Circle Office 60 North St. Joseph Ave. Ste. 120 Niles, MI 49120 (269) 695-1099 Lory's Place 445 Upton Dr. St. Joseph, MI 49085 (269) 983-2707 (800) 717-3812



