

Bereavement Calendar of Events

January - March 2024

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.

Second Wednesday of each month

Noon to 1 p.m.

Niles-Buchanan YMCA

905 North Front St. , 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.

Second Thursday of each month

1 p.m. to 2 p.m.

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 a.m. to 11 a.m.

Lory's Place

445 Upton Dr., St. Joseph

Walking Group - Stevensville

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. Walkers will be required to change their shoes upon entering the building. Lockers are available to store coats and boots while walking. 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 Jaime Hoover at 269.429.7100.

Wednesdays, January 24, 2024 through March 27 2024

11:30 a.m. to 12:30 p.m.

Kohn Fieldhouse, Cleveland Ave., Stevensville (just south of Lakeshore High School)

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.

Winter Sessions

Tuesdays, January 9 - February 20

3 p.m. to 4:30 p.m.

Corewell Health Hospice and Palliative Care Southwest Michigan

4025 Health Park Lane, St. Joseph

Tuesdays, January 9 - February 20

10:30 a.m. to Noon

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Fun Night of Board Games and Pizza!

Enjoy an evening of fun with cards, board games, and pizza. There is no cost, but please RSVP for attendance by Monday, January 15. For more information or to RSVP call Lory's Place at 269.983.2707

Wednesday, January 17

6 p.m. to 7:30 p.m.

Lory's Place

445 Upton Dr., St. Joseph

February Virtual Book Club

This will consist of a talking about **The One Hundred Years of Lenni and Margot** by Marianne Cronin with a group of others online. 17 year old Lenni Pettersson lives on the Terminal Ward at the Glasgow Princess Royal Hospital. Though the teenager has been told she's dying, she still has plenty of living to do. Joining the hospital's arts and crafts class, she meets the magnificent Margot, an 83-year-old, As their friendship blooms, Lenni and Margot devise a plan to create one hundred paintings showcasing the stories of the century they have lived-stories of love and loss, of courage and kindness, of unexpected tenderness and pure joy. Please contact 269.983.2707 to RSVP and you will receive the Zoom link to participate.

Friday, February 9

6 p.m. to 7 p.m.

March Virtual Book Club

This will consist of a talking about **A Walk to Remember** by Nicholas Sparks with a group of others online. There was a time when the world was sweeter...when the women in Beaufort, North Carolina, wore dresses, and the men donned hats...when something happened to a seventeen-year-old boy that would change his life forever. Every April, when the wind blows in from the sea and mingles with the scent of lilacs, Landon Carter remembers his last year at Beaufort High. Please contact 269.983.2707 to RSVP and you will receive the Zoom link to participate.

Friday, March 8

6 p.m. to 7 p.m.

Cooking for One

We will have lots of class participation and wonderful foods to taste. Everyone will receive handouts to take home so you won't have to remember everything from class. The cost for the class is \$10, due at the class. You are required to RSVP. In order to hold the class, there needs to be a minimum of 3 people signed up. Please contact Jaime Hoover at 269.429.7100 for more information or to RSVP.

Wednesday, March 20

2 p.m. to 4 p.m.

Lory's Place

445 Upton Dr., St. Joseph

Regularly scheduled support group sessions at Lory's Place are a safe harbor where children in pre-school through high school, as well as adults, can work through their grief in age-appropriate peer groups. The bereavement programs and services provided are made possible through the generosity of our many donors and volunteers and are provided to all at no cost, as a community service.