

Registered Support Groups

ACTION GROUP FOR GRIEF

Therapist-led

This 10-week group will teach doable skills grounded in evidence-based Acceptance and Commitment Therapy (ACT) to help you recover from grief, loss, and crisis. This group is for individuals who have experienced loss of relationships, jobs, or living in life's many phases of transition (disenfranchised grief).

WHEN

Tuesdays, January 28 - April 1 | 4-5:30 PM

WHERE

Community Social Development, 414 King Street, Spruce Grove

COST

Free

REGISTRATION

csd@sprucegrove.org or 780-962-7618

JOURNEY THROUGH GRIEF & MOURNING

Social Worker-led

A facilitated 10-week closed, support & educational group. The atmosphere of safety, security & trust is developed within the group, so each member feels safe & secure to work through their grief & mourning experiences using music, art, and talking circles.

WHEN

Wednesdays, EXACT DATES TBD | 9 AM- 12 PM

WHERE

AHS, Stan Woloshyn Building, 205 Diamond Ave, Spruce Grove

COST

Free

REGISTRATION

780-342-1354

JOURNEY THROUGH GRIEF

Canadian Certified Counsellor (CCC)-led

An 8-week program that empowers you to understand and cope with your grief and support emotional healing. This program will be offered virtually from the comfort of your own home and each week you will learn new skills that will help you in your journey through your grief.

WHEN

Thursdays, Jan 9 – February 27 | 7 PM-9 PM

WHERE

Online through WestView PCN

COST

Free

REGISTRATION

780-960-9533 ext. 3 or penny.grise@westviewpcn.ca

GRIEF RECOVERY SUPPORT GROUP

Therapist-led

This is an 8-week action-based course that helps adults attain the tools needed to process grief with the goal to regain a sense of hope and purpose in life.

WHEN Thursdays, January 9 - February 27 | 7 – 9 PM

WHERE Parkland Wellness Center, main floor, 180 Century Road, Spruce Grove

COST \$50

REGISTRATION: Scan QR Code

CONTACT: cmpsychhope@gmail.com



I'M FINE...PREGNANCY & INFANT LOSS

A safe, non-judgemental group where parents, caregivers, and other family supporters can connect, share and heal after the loss of a baby during pregnancy or early infancy.

WHEN First Tuesday of the month | 6:30-8 PM

WHERE Family Connection Centre, 5600 50 Street, Stony Plain

COST Free

REGISTRATION Scan QR Code

CONTACT 780-963-0549 or danita@apfa.ca



Drop-In Support Groups

LIVING WITH LOSS TO SUICIDE

Peer-led

A self-help group for adults who have experienced the sudden loss of a family member, friend, or co-worker, who has died by suicide. We will support one another as we come together with the experience, strength, and hope that we can survive this traumatic event and learn to live our lives again.

WHEN

Last Monday of the month | 6:30-8:30 PM

WHERE

AHS, Stan Woloshyn Building, 205 Diamond Ave, Spruce Grove

COST

Free

REGISTRATION

Ongoing, but please contact for registration

CONTACT

780-342-1354

CARING FRIENDS BEREAVEMENT PEER SUPPORT

Peer-led

Caring Friends is a confidential and informal bereavement peer support group led by trained volunteers with lived experience. Participants are welcome to share their feelings and will have the opportunity to understand the emotions associated with grief in a safe, supportive environment.

WHEN

Second Thursday of the month | 7-8:30 PM

WHERE

Stony Plain Community & Social Development #107-4613 52 Ave, Stony Plain

COST

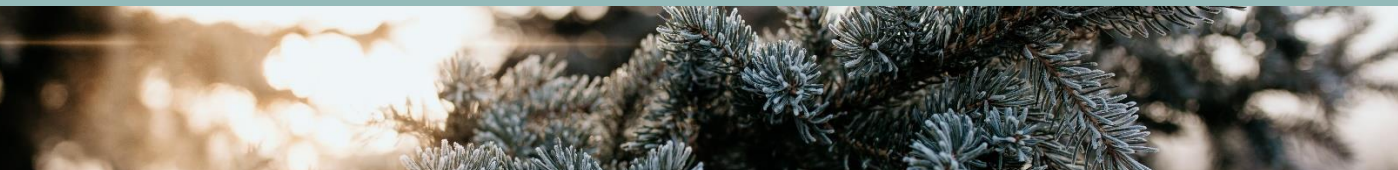
Free

REGISTRATION

Ongoing, but please contact for registration

CONTACT

780-963-8583



Registered Support Groups

GONE TOO SOON: GRIEVING A LOVED ONE LOST TO OVERDOSE OR SUBSTANCE ABUSE *Therapist-led*

This is a 6-week, creative arts grief and loss program for adults grieving loss due to death or estrangement related to substance use.

WHEN: Tuesdays, Jan. 7-Feb 11 | 6:30 – 8:30 PM
WHERE: Stony Plain United Church basement. 5012 51 Ave, Stony Plain

COST: \$210/Regular or \$150/Low Income

REGISTRATION: Please contact positive-shift.com or 780-888-5266 or contact@positive-shift.com

Faith-Based Support Groups

ST. MATTHEW LUTHERAN CHURCH *Other*

St. Matthew's Grief Support Groups are facilitated by Rev. Michael L. Keith who has a certificate in Grief and Death Studies from the Centre for Loss and Life Transition. This group is offered weekly for four weeks and is provided based on need. *Please contact for more information.*

CONTACT
780-963-2416 or keith@stmatthew.com

GRIEFSHARE SUPPORT GROUP

Help and encouragement after the death of a loved one. A safe, welcoming place where people understand the difficult emotions of grief.

WHEN
Wednesdays, January 15 – April 16 | 7PM – 9PM

WHERE
Spruce Grove Alliance Church, 250 Century Road, Spruce Grove

COST
\$30

CONTACT
780-962-4700 or office@sgac.net/EventRegistrations

Additional Resources

COMMUNITY SOCIAL DEVELOPMENT *City of Spruce Grove*

Ph: 780-962-7618
E: csd@sprucegrove.org

COMMUNITY & SOCIAL DEVELOPMENT *Town of Stony Plain*

Ph: 780-963-8583

To find out how your organization/grief group can be added, contact Spruce Grove Community Social Development at csd@sprucegrove.org.

GRIEF GROUPS

in the Tri-Municipal Region

WINTER 2025

