

GRIEF RECOVERY SUPPORT
PARKLAND WELLNESS CENTRE

The Grief Recovery Method is an evidence-based 8-week program for healing after loss. Through simple, intentional actions, we move beyond the pain of grief, become more present, and reclaim meaning and purpose.

WHEN
Mondays, September 14 – November 9 | 6:30PM – 8:30PM
WHERE
Parkland Wellness Centre (180 Century Rd, Spruce Grove)

COST
\$50
REGISTRATION
<https://share.google/SPDQKMsblRa5il8IE>
cmpsychhope@gmail.com

PILGRIMS HOSPICE SOCIETY
GRIEF SUPPORT GROUP

Pilgrims Hospice Society offers grief support in a group setting to anyone grieving the death of someone significant in their life. Our skilled facilitators and trained volunteers create a caring and compassionate space where you can share your story and connect with others who are grieving.

WHERE
Pilgrims' Roozen Family Hospice Centre (9808 148 St NW, Edmonton)

COST
Free
REGISTRATION
Please complete our intake form to register, at <https://pilgrimshospice.com/grief-support-contact/>
CONTACT
587-414-1148

MYGRIEF.CA
Because losing someone is hard... Confidential and free, MyGrief.ca helps you to understand and move through your grief through real stories and online learning modules.

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
E: connect@gmail.com

Grief Support

In the Tri-Municipal Region

FALL 2026



GRIEFSHARE: SURVIVING THE HOLIDAYS

Spruce Grove Alliance Church

The holidays are challenging when you are grieving a loss. Come for encouragement, support and valuable tools to help you navigate the season.

WHEN

November 28, 2026 | 1PM – 3PM

WHERE

Spruce Grove Alliance Church (250 Century Rd Spruce Grove)

COST

Free

REGISTRATION

As the date gets closer, go to the website for more information & to register (sgac.net)

LIVING WITH LOSS TO SUICIDE

Peer-led

A self-help group for adults who have experienced the sudden loss of a family member, friends, 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

Call: 780-342-1354

GRIEFSHARE: LOSS OF SPOUSE

Spruce Grove Alliance Church

Come hear practical advice from those who have been there, what to expect in your grief, how to cope with life without your spouse, and why it won't always hurt this much.

WHEN

October 3, 2026 | 1PM – 3PM

WHERE

Spruce Grove Alliance Church (250 Century Rd Spruce Grove)

COST

Free

REGISTRATION

As the date gets closer, go to the website for more information & to register (sgac.net)

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

Call: 780-963-8583

PREGNANCY & INFANT LOSS

PERINATAL BEREAVEMENT PROGRAM

Provides support for families that have experienced the loss of a pregnancy / baby through miscarriage, ectopic, medical induction, stillbirth or newborn death.

This service offers:

- Inpatient support
- Virtual and telephone one to one support
- Coordination of Hospital Burial Program
- Coordination of Annual May Memorial

WHEN

Monday–Friday | 9:00 AM–3:00 PM

WHERE

1st Floor, Women's Centre, 10240 Kingsway Avenue NW, Edmonton, AB

COST

Free

REGISTRATION

780-735-4506 or

patti.walker@albertahealthservices.ca

PARENTCARE

This group is made up of parents who support each other through miscarriage, stillbirth, and neonatal death.

WHEN

Third Thursday of every month | 7:00 PM

WHERE

Cabrini Centre – 16811 88 Avenue, NW
Edmonton, AB – Main Floor

COST

Free

REGISTRATION

Contact 780-989-5040 or

parentcareyeg@gmail.com or visit parent-care.ca for more details.