



Dear Friends,

The journey of grief can bring an array of feelings, and at times, leaves us feeling isolated, and uncertain if others can relate or understand. Support groups can provide a safe space to share feelings and experiences and to learn strategies for the journey.

We invite you to join us for our Spring 2026 Grief Support Groups. Groups meet for twelve (12) weeks, and are facilitated by trained grief counselors. The groups are specific to the relationship of your loss. Please see the reverse side of this letter for a listing of the various groups, days and times that we have to offer. ***There will be no meeting on March 31.***

We welcome you to call with any questions that you might have. **Advance registration is required for most groups, and space is limited. Please contact us by phone to register (559) 248-8579 and we will email or mail the necessary paper work to finalize registration.** The fee is \$40 per person or \$60 per couple, which covers the 12 weeks of the Spring session. A limited number of scholarships are available, and some programs are offered at no charge thanks to generous community support.

If a group becomes too small, it may be postponed until our Summer session. Due to space limitations and confidentiality, we regret that we cannot allow guests of participants to attend.

We look forward to welcoming you to our grief support group program and hope that you find it supportive during this difficult time.

We need not walk alone....
We reach out to each other with love and
Understanding and with hope....
We come together from all walks of life,
From many different circumstances....
We need not walk alone.
~Credo of The Compassionate Friends

In Care and Support,
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The following groups meet weekly for **12 weeks** beginning the week of **Tuesday, February 3, 2026**.
Advanced registration for the following support groups is required. **There will be no meeting on March 31, 2025.**

Angel Babies

Parents who have lost a baby
in pregnancy or infancy
Tuesdays, 6:30-7:30 PM
No fee to attend

Circle of Friends (Ages 3-12)

Tuesdays
6:30-7:30 PM
No fee to attend

Loss of Partner/Spouse

Tuesdays, 10-11 AM
Tuesdays, 6:30-7:30 PM

Loss of Parent/Sibling

Tuesdays
6:30-7:30 PM

Loss of Child

Tuesdays, 6:30-7:30 PM

Healing After a Loss by Overdose (HALO)

Parents who have lost a child
due to a drug related death
Tuesdays, 6:30-7:30 PM

Survivors of Suicide Loss (Adults)

Tuesdays, 6:30-7:30 PM

The Center for Grief & Healing offers the following **drop-in** grief support groups

Virtual Survivors of Suicide Loss

Peer/Clinician Led

Last Monday monthly
Online Zoom (call for link)
6:30-7:30 PM

In-person Survivors of Suicide Loss

Peer/Clinician Led

2nd & 4th Thursday monthly
6:30-8 PM

with **no fee** or prior registration required.

Healing After a Loss by Overdose (HALO)

Peer/Clinician Led

2nd Thursday monthly
6:30-8 PM

Teen Group (Ages 13-17)

Tuesdays,
6:30-7:30 PM

Merced Support Group

Park Merced Assisted Living
Last Wednesday monthly
6-7 PM

Virtual Pregnancy After Loss

2nd & 4th Monday monthly
Online Zoom (call for link)
4-5 PM

For questions, more information, or to register please call the Center for Grief & Healing at 559-248-8579. We thank the following for their generous support of the grieving families we serve!

- Inspire Health
- Sante' Health System, Inc
- 2025 Gala Donors & Sponsors
- The Bertha & John Garabedian Charitable Foundation
- The Martha J. Waller Trust
- Theodore John Stratigos Philanthropic Fund
- Valley Children's Healthcare
- Fresno County Department of Behavioral Health