

Registered Support Groups

GRIEF RECOVERY SUPPORT PROGRAM

Therapist-led

This Grief Recovery Method is an evidence-based program that helps bring hope to people around the world. During the 8-week program, we will take several small intentional actions to move through the pain of loss and grieving. Becoming more present and recapture a sense of meaning and purpose.

WHEN

Mondays, September 15 -- November 10 | 6-8:30 PM

WHERE

Parkland Wellness Centre, 180 Century Rd, Spruce Grove, AB

COST

\$50

REGISTRATION

Scan QR Code or visit

www.parklandwellnesscentre.com



ADDICTION RECOVERY SUPPORT PROGRAM

This is a 9 week, in-person, targeted and personalized program to formulate a structured plan of recovery. The goal is for you to walk away with your personalized plan, which allows you to find meaning and purpose in your life again outside of the cycle of addiction. The T.H.O.R. program is a dynamic approach to recovery that is evidence-based, experiential, psychoeducational and interactive.

WHEN

Mondays September 15 – November 17 | 7-8:30 PM

WHERE

Parkland Wellness Centre, 180 Century Rd, Spruce Grove, AB

COST

\$50

REGISTRATION

Scan QR Code or visit

www.parklandwellnesscentre.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

GRIEF SHARE SUPPORT GROUPS

LOSS OF SPOUSE

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

Saturday, September 27 | 1-3 PM

SURVIVING THE HOLIDAYS

The holidays are challenging when you are grieving a loss. This seminar provides encouragement, support & valuable tools to help navigate the season.

WHEN

Saturday, November 29 | 1-3 PM

WHERE

Spruce Grove Alliance Church, 250 Century Road, Spruce Grove

CONTACT

780-962-4700 or office@sgac.net/EventRegistrations for more details

REGISTRATION

sgac.net

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



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

CONTACT

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 | 7:30 PM

WHERE

Mother Rosalie Health Services Centre at Misericordia Hospital, 16930-87 Avenue, Edmonton, AB

REGISTRATION

Contact 780-989-5040 or parentcareveg@gmail.com, or visit parent-care.ca for more details.

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@stonyplain.com

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

FALL 2025



GRIEF COLLABORATIVE