

Registered Support Groups

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, May 8-29 | 7 PM-9 PM

Thursdays, June 5-26 | 7 PM-9 PM

WHERE

Online through WestView PCN

COST

Free

REGISTRATION

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

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



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

June/July

WHERE

Spruce Grove Alliance Church, 250 Century Road, Spruce Grove

COST

\$30

CONTACT

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

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



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

SPRING 2025

