



Hospice Alaska

## Grief Support Groups 2025 Sessions

### Stepping Stones

This 7-week closed-format support group offers a safe space for sharing stories and bonding with others who have experienced the death of a loved one.

*Understanding Your Grief*, by Dr. Alan Wolfelt, provides our framework and is among the best literature for grief and loss. Space is limited—call to sign up. All sessions are in person and are at our Providence Hospice location: 4001 Dale St., Ste. 201 (upstairs).

No Cost

#### Session A

**Starts Jan 28-Mar 11**

Meets Tuesday  
5:00-6:30 pm

#### Session B

**Starts Feb 26-Apr 9**

Meets Wednesday  
5:00-6:30 pm

#### Online Session 1

**Starts Mar 24-May 12**

Meets Monday  
4:00-5:00 pm

#### Session C

**Starts Aug 19-Sep 30**

Meets Tuesday  
5:00-6:30 pm

#### Session D

**Starts Sep 17-Oct 29**

Meets Wednesdays  
5:00-6:30 pm

#### Online Session 2

**Starts Oct 13-Dec 1**

Meets Monday  
4:00-5:00 pm

Call (907) 212-4418 to enroll  
or for more information

*“Mourn well, so you can go on to live well and love well.”*

*- Alan Wolfelt*