

Grief Support Groups

Providence Hospice grief support groups are open to individuals in the community who are seeking extra support as they grieve the death of a significant person in their lives. Professionally trained facilitators seek to create a supportive space for participants to share their feelings and experiences, if they feel moved to do so, as well as to give and receive mutual support.

Providence Hospice Bereavement Services: 503-215-4622 or Bereavement@providence.org

Ongoing Groups

Providence Portland Medical Center

4805 NE Glisan St., Portland, Pastoral Care Conf. Rm.

Tuesdays – 1st and 3rd, 11 am – 12:30 pm

Thursdays – 2nd and 4th, 4:30 – 6 pm

Providence St. Vincent Medical Center

9205 SW Barnes Rd., Portland, Pastoral Care Conf. Rm.

Tuesdays – 1st and 3rd, 10 am – 11:30 am

Thursdays – 2nd and 4th, 7 – 8:30 pm

Providence Willamette Falls Community Center

519 15th St., Oregon City

Tuesdays – 2nd and 4th, 1:30 – 3 pm

Providence Newberg Medical Center

1001 Providence Dr., Newberg, Sherwood Rm.

Wednesdays – 1st and 3rd, 1:00 – 2:30 pm

These ongoing groups **do not require pre-registration, and you are welcome to join us any time.** Feel free to call if you have questions.

Me, Too:

A group for children, teens, and their parents or caregivers, who have experienced the death of a significant person in their lives. **Please call to register; locations and times vary.**

Men and Grief:

A group for men led by men. Meets 1st & 3rd Wednesdays, 6:30-8:00 pm in Downtown Oregon City. **Please call to register.**

Journey Through Grief:

A six-week series designed to provide an understanding of the grief process and to allow an opportunity to question, explore, and share experiences that will lead to growth, recovery, and healing. **Please call to register; locations and times vary.**

Mindfulness Grief Group:

A six-week series designed to provide an understanding of how grief can show up in the body, mind, emotion, and spirit. Learn new skills such as meditation, grounding techniques, mind-body practices, and more. **Please call to register; locations and times vary.**