



GRIEF SUPPORT GROUP

For those grieving the loss of a spouse or partner

ONGOING SUPPORT GROUP

After losing a loved one, connecting with others who are also grieving the loss of spouse or partner can help you through this difficult journey. Our grief support group at Sanford Health provides you with a safe, supportive environment for healing. Using discussion and storytelling, our facilitators can help you understand the grieving process and your emotions, as well as give you strategies for coping with guilt, anger and loneliness on special days and holidays.

This is an ongoing support group that meets on the first and third Thursday of each month from 4:30 to 6 p.m. Please arrive promptly as Beltrami Electric Cooperative closes its doors at 4:30 p.m.

Beltrami Electric Cooperative
4111 Technology Drive NW
Second Floor, Suite 201
Bemidji, MN 56601

Call (218) 333-5643 to learn more.
No registration or fee is required.
You may join anytime.

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