



2026 Grief Support Groups

Navigating Grief Together: An Eight-Week Guided Series *(registration required)*

A small-group experience designed to inspire meaningful connection and shared support. Registration is required to foster a safe and supportive environment.

Open Support Groups *(no registration required)*

Alexandria

First Thursday of the month

10:30 a.m. – 12 p.m.

Grand Arbor by Vivie (lower-level chapel)

4403 Pioneer Road Southeast

Baxter

Fourth Thursday of the month

2 – 3:30 p.m.

The Center

803 Kingwood Steet, Brainerd

Fergus Falls

Third Thursday of the month

10:30 a.m. – 12 p.m.

Bethlehem Lutheran Church

102 West Junius Avenue

Long Prairie

Second Thursday of the month

10:30 a.m. – 12 p.m.

Long Prairie Senior Center

50 North 3rd Street

Perham

Third Thursday of the month

2 – 3:30 p.m.

Elevate OTC

318 6th Avenue Southwest

Wadena

Fourth Thursday of the month

10:30 a.m. – 12 p.m.

Legacy Campus

415 Jefferson Street North

Virtual Grief Support Groups *(call for more information)*

Healing Through the Holidays Events *(dates and locations coming soon)*

We're here for you.

Grief is a deeply personal journey, and it looks different for everyone. If you feel ready to connect with others who understand, we warmly invite you to join us. This is a place of care, comfort, and community—and we would be honored to walk alongside you in this next step. If you have any questions, we're here to listen and support you in any way we can. Please know, you are never alone.

For more information or to register for a support group, contact Trisha Zimmerman, LSW, today:

(320) 759-4935 | trisha.zimmerman@vivie.org