



Grief Support Groups & Special Events 2026

8-Week In-person Grief Groups 2026

Lakewood

Feb. 3-March 24Tuesday 1:00-3:00 pm

Sept. 8- Oct. 27Tuesday 1:00-3:00 pm

Puyallup

Feb. 5-March 26Thursday 1:00-3:00 pm

May 7 – June 25Thursday 1:00-3:00 pm

Sept. 10 – Oct. 29Thursday 1:00-3:00 pm

Auburn

Feb. 2-March 23Monday10:00-12:00 pm

Tacoma

May 5 – June 23Tuesday 5:00-7:00 pm

Gig Harbor..... Coming soon

*In-person sessions may be subject to change.
Call for updated times and dates as in-person
sessions may be added.*



SPECIAL EVENTS

*Grief During the Holiday
Date TBD*

*Annual Memorial
Date TBD*

For group information and/or registration call 253-301-6400.

There are no charges for our groups, however, space is limited and pre-registration is required.

PLEASE SEE REVERSE FOR ADDITIONAL INFORMATION ABOUT GROUPS.



Notice of language availability | Free interpreter services: If you speak a language other than English, MultiCare offers interpreter services at no cost to you. To learn more about this free service, scan the QR code or visit multicare.org/interpreter.

Things to consider before joining a grief group

While everyone responds to a death experience differently, grief that is expressed and shared within a supportive environment has the power to provide hope and healing. MultiCare's Hospice Bereavement Program offers curriculum based, non-religious grief groups throughout the year. Groups are reciprocal in nature and members should feel comfortable sharing their experience in a small group of 8-14 people.

We encourage individuals to be at least 60-90 days out from their loss before joining a grief group. This is to help prevent the re-traumatization that can occur from sharing their loss story or from hearing others' stories of grief and loss too soon.

What is the benefit of attending?

- ♥ Connection with others who have gone through a similar situation
- ♥ Association with people who will listen without judgement
- ♥ Time to focus on how the loss is affecting you
- ♥ New ideas to help you cope and heal
- ♥ Personal acceptance of how you really feel
- ♥ Time to share memories of the person who died
- ♥ Understanding of common grief responses

Are grief groups structured?

- ♥ All groups are facilitated by hospice bereavement counselors and trained volunteers who help guide conversation, provide support, and who offer other grief and loss resources.
- ♥ The same group members meet weekly for eight consecutive weeks. **We strongly recommend** that participants commit to attending all eight sessions at the same location. Materials build from week-to-week, along with increasing group continuity and connection. No visitors are allowed in our closed groups.

How to register or to ask questions:

Space is limited and **pre-screening is required**. A minimum of eight participants two weeks prior to the start of group is needed for a group to proceed. Directions to group locations are provided upon registration confirmation. For further group information and/or registration, please call **253-301-6400**, and ask for the Bereavement Program.