

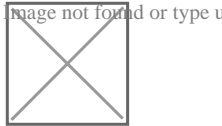


## Community Grief Center



Created by [Community Grief Center](#)

The Community Grief Center is not a counseling center. They are a companioning center. Anyone who comes to the Center with what is clinically known as “complicated grief” will be referred to other community partners/resources outside the center for help.



They offer various grief support services and groups for people of all ages in the form of the following programs:

1. [Understanding Grief Classes](#) - meet the first Tuesday evening of each month with a different topic presented each month.
2. [TREK](#) - two 8-week sessions offered in the fall and spring for kids and teens who have a lost a parent/grandparent, sibling, close friend, etc.
3. [HUGS](#) - offering love and hope to parents who have lost a baby to miscarriage, stillbirth or infant death
4. [MOMS](#) - connecting mothers of all ages who have suffered the loss of a child of any age at any point
5. [Healing Stitches](#) - an ongoing weekly group that uses knitting as therapy and make gifts of hope to give to others

Other groups are available. Please reach out to them or visit their site for more information.

Community Grief Center also runs [Camp Braveheart](#)

[Visit Community Grief Center](#)