



# Healing Hearts

## Grief Support Group

### 2025-2026 Calendar

“A WIFE WHO LOSES A HUSBAND  
IS CALLED A WIDOW.

A HUSBAND WHO LOSES A WIFE  
IS CALLED A WIDOWER.

A CHILD WHO LOSES PARENTS  
IS CALLED AN ORPHAN.

THERE IS NO WORD  
FOR A PARENT  
WHO LOSES A CHILD.  
THAT'S HOW AWFUL THE LOSS IS.”

*Open Session: Group begins by honoring those who have died within that month.*

September 9	Grief's Impact
September 23	Dealing with Anger
October 14	Dealing with Guilts & Regrets
October 28	Dealing with Fear
November 11	“Holidays Schmolidays”
November 25	Remembering Our Loved Ones
December 9	Dealing with Loneliness & Emptiness
January 13	Functioning (Overwhelmed/Paralyzed)
January 27	The Physical Impact
February 10	Our Broken Hearts
February 24	The Spiritual Impact
March 10	Dealing with Family & Friendship Changes
March 24	Does it Ever Get Better? Video—Living with Loss...Healing with Hope...
April 14	Panel: Allowing for a New Relationship—Hazards & Triumphs
April 28	Grief vs. Depression
May 12	Built in Coping Mechanisms/Resiliency
May 26	Brown Bag Lunch
June 16	Open Session
July 21	Open Session
August 18	Open Session



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## **When and Where**

**5:30 - 6:30 p.m.**

**Parkway Funeral Service**

**2330 Tyler Parkway**

**Bismarck, North Dakota**



**This event is open to the public,**

**including those who did not**

**have services directly through**

**Eastgate & Parkway Funeral Service.**

**Healing Hearts is a group for anyone  
who has experienced child loss and  
provides guidance  
on the path to healing.**

**This group is made for miscarriages,  
Infant, toddler, youth teen  
and adult loss.**

*...we are here to help.*