

GRIEF CARE GROUP

2026 SCHEDULE:

**Third Mondays
from
6:30-8:00 pm**

**Sessions are
held at the
Kok Funeral Home
7676 80th Street S.
Cottage Grove, MN.
Featuring a short
presentation
followed by small group
discussion.**

**For more
information,
call 651-459-2483
or email
donna@kokfuneral.com**



January 19th - Donna Mathiowetz: "As the New Year Begins Without Them"

February 16th - Video: "Uncoupled - Dealing w/the Death of a Spouse"

March 16th - Paul Johnson: "The Basic Characteristics of Grief"

April 20th - Panel Discussion

May 18th - "What No One Tells You About Grief Healing"

June 15th - Donna Mathiowetz: "The River of Grief"

July 20th- "The Decision to Live Again"

August 17th - Summer Event: Riverboat Cruise

September 21st - Video: "The 5 H's...Hurt, Hope, Help, Honor, & Healing"

October 19th - A Meal and Memories (\$5 per person)

November 16th - "Coping with Grief and the Holidays"

December 21st - Holiday Dinner

Educational Grief Support Series