Grief Support Groups

Providence Hospice grief support groups are open to individuals in the community who are seeking extra support as they grieve the death of a significant person in their lives. Professionally trained facilitators seek to create a supportive space for participants to share their feelings and experiences, if they feel moved to do so, as well as to give and receive mutual support.

Providence Hospice Bereavement Services:  503-215-4622 or Bereavement@providence.org

Ongoing Groups

**Providence Portland Medical Center**
4805 NE Glisan St., Portland, Pastoral Care Conf. Rm.
- Tuesdays – 1st and 3rd, 11 am – 12:30 pm
- Thursdays – 2nd and 4th, 4:30 – 6 pm

**Providence St. Vincent Medical Center**
9205 SW Barnes Rd., Portland, Pastoral Care Conf. Rm.
- Tuesdays – 1st and 3rd, 10 am – 11:30 am
- Thursdays – 2nd and 4th, 7 – 8:30 pm

**Providence Willamette Falls Community Center**
519 15th St., Oregon City
- Tuesdays – 2nd and 4th, 1:30 – 3 pm

**Providence Newberg Medical Center**
1001 Providence Dr., Newberg, Sherwood Rm.
- Wednesdays – 1st and 3rd, 1:00 – 2:30 pm

These ongoing groups do not require pre-registration, and you are welcome to join us any time. Feel free to call if you have questions.

Me, Too:
A group for children, teens, and their parents or caregivers, who have experienced the death of a significant person in their lives. Please call to register; locations and times vary.

Men and Grief:
A group for men led by men. Meets 1st & 3rd Wednesdays, 6:30-8:00 pm in Downtown Oregon City. Please call to register.

Journey Through Grief:
A six-week series designed to provide an understanding of the grief process and to allow an opportunity to question, explore, and share experiences that will lead to growth, recovery, and healing. Please call to register; locations and times vary.

Mindfulness Grief Group:
A six-week series designed to provide an understanding of how grief can show up in the body, mind, emotion, and spirit. Learn new skills such as meditation, grounding techniques, mind-body practices, and more. Please call to register; locations and times vary.