



COPING WITH LOSS

2025 Excela Health Hospice & Independence Health System Bereavement Support Group

Life can feel overwhelming after the loss of a loved one. For many, it is a time of feeling alone and powerless. In a safe and supportive environment, our Bereavement Counselors invite you to share your stories with others who grieve.

Grief Support Groups

Tuesdays | February 11 to March 18
Trinity Lutheran Church | 2 to 3 p.m.

331 Weldon Street, Latrobe
To register, call 724-516-8605

Mondays | March 3 to April 7

The Square at Norwin | 2 to 3 p.m.

8775 Norwin Avenue, North Huntingdon
To register, call 724-516-2338

Tuesdays | April 8 to May 13

Trinity Lutheran Church | 2 to 3 p.m.

331 Weldon Street, Latrobe
To register, call 724-516-8605

Fridays | April 25 to May 30

**Blessed Sacrament Cathedral,
Formation Center | 2 to 3 p.m.**

300 North Main Street, Greensburg
To register, contact Katie, 724-834-3710, Ext. 11

Tuesdays | June 3 to July 8

Trinity Lutheran Church | 6 to 7 p.m.

331 Weldon Street, Latrobe
To register, call 724-516-8605

Spiritual Grief Support Group

Let's talk about how the presence (or absence) of Spirituality in your life has impacted your grief journey. Please call Pastor Kevin Giddings, 724-600-6360, for more information.

Children's Grief Support Program

For information, please call: 724-516-8605