



COPING WITH LOSS

2026 Bereavement Support Groups

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

Mondays | March 2 to March 30; June 1 to June 29; August 10 to September 14; October 26 to November 23

Blessed Sacrament Cathedral | Noon to 1:15 p.m.

Formation Center

350 N. Main Street, Greensburg

**Mondays | April 6 to May 4; July 6 to August 3
September 21 to October 19**

St. John's School | Noon to 1:15 p.m.

501 S. Broadway Street, Scottdale

Mondays | Ongoing

Trinity Lutheran Church | 2 to 3:15 p.m.

331 Weldon Street, Latrobe

Grief and the Holidays Support Group

Mondays | November 30 to December 28

Trinity Lutheran Church | Noon to 1 p.m.

331 Weldon Street, Latrobe

Children's Grief Awareness Day

(For Children and their families)

A free creative event for children who have lost a loved one. We will explore the unique experience of grief through the process of self-expression, gentle self care and memory making through various art projects. Seating is limited for this event and reservations are required.

Wednesday, November 18

(Returning participants)

Thursday, November 19

(New participants)

Latrobe Art Center | 5:30 p.m.

819 Ligonier Street, Latrobe

**For more information or to register
for an event, call 724-516-8605.**