

Whatcom Hospice Bereavement Services

Summer 2026

Newly Bereaved Grief Group

This single-session group is a starting point when grief feels overwhelming. Adults grieving the loss of a loved one are invited to join us to learn what may be expected in the first year after the loss.

We recommend waiting at least two months after the death to attend this interactive and informational group.

Choose the date and time that is best for you. All sessions are held in Bellingham. Registration may close the Friday prior to the group date, or when the group has filled.

Thursday, August 13	2:00 – 3:30
Thursday, September 10	2:00 – 3:30
Thursday, September 17	5:00 – 6:30
Thursday, October 8	2:00 – 3:30
Thursday, October 15	5:00 – 6:30
Thursday, November 12	2:00 – 3:30



A Journey Toward Hope and Healing

(six-week series)

This six-week group series educates and supports adults who are coping with the death of a loved one.



Sept 8 – Oct 13

Oct 27 – Dec 1

Tuesdays, 2:00 – 3:30 pm

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Our groups and events are open to the community at no cost.

Registration is required.

Contact us at 360-788-6690 or

WhatcomHospiceGrief@peacehealth.org

WhatcomHospice.org



WHATCOM
HOSPICE
FOUNDATION

Whatcom Hospice Bereavement Services

*"Grief is not a disorder, a disease, or a sign of weakness.
It is an emotional, physical, and spiritual necessity,
The price you pay for love.
The only cure for grief is to grieve."*



Rabbi Earl Grollman

2026 Grief Conference

featuring
Dr. Alan Wolfelt



Time: 6:30 to 8:30 pm

Cost: free

Scan QR Code to Register

Community Night

Tuesday, August 25th

This program will help anyone who is experiencing grief to understand how loss influences our lives. Participants will be able to quietly reflect on their losses and honor their own unique grief journey.

Space is limited, so please register early

Hearing from Past Group Participants

"Being in a group with others who understand my grief was so helpful. It was good to know I am not alone."

"The leaders were so compassionate and encouraging. I learned so much during the group from the leaders as well as other participants."

"It's good to find out I'm not crazy. Grief makes you feel like you are, but the group and facilitators helped me see I'm normal and grief is just hard."

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