

Whatcom Hospice Bereavement Services

Fall 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, September 17	5:00 – 6:30
Thursday, October 8	2:00 – 3:30
Thursday, November 12	2:00 – 3:30
Thursday, November 19	5:00 – 6:30
Thursday, December 10	2:00 – 3:30
Thursday, December 17	5:00 – 6:30



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



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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

Time of Remembrance

Thursday October 15th, 2026 from 4:00 - 5:30pm

Whatcom Hospice invites you to a fall Time of Remembrance service to honor and celebrate lost loved ones. This service will include a reading of the names, live music, and reflections on coping after a loss. Please bring a picture or a meaningful object to place on the memory table for the duration of the program.



Location

Squalicum Boathouse
Zuanich Point Park
2600 Harbor Loop
Bellingham, WA 98225

If you would like to attend, please scan the QR code, email us at WhatcomHospiceGrief@peacehealth.org, or call 360-788-6690 to RSVP by October 9th.

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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