Whatcom Hospice Bereavement Services

Winter 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. We welcome all types of relationship constallations.

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, 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**
Thursday, January 14	**2:00 – 3:30**
Thursday, January 21 (Spouse and Significant Other Loss)	**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.

Oct 27 – Dec 1	**Tuesdays , 2:00 –3:30 pm**
Jan 5 – Feb 9	**Tuesdays, 2:00 – 3:30 pm**

Our groups and events are open to the community at no cost.
Registration is required at least a week in advance.
Contact us at 360-788-6690 or
WhatcomHospiceGrief@peacehealth.org
WhatcomHospice.org

WHATCOM HOSPICE FOUNDATION

Whatcom Hospice Bereavement Services

TIME OF *Remembrance*

FOR FAMILIES WITH CHILDREN AGES 4-17

We miss those who have died when we gather at our holiday tables, during our family traditions, and in the darkness of winter. We invite you to join us for a special Time of Remembrance with crafts, pizza, and community.

📅 DATE: SATURDAY, DECEMBER 5TH
🕒 TIME: 4:00-6:00 PM
📍 LOCATION: WHATCOM HOSPICE ADMIN BUILDING
2800 DOUGLAS AVE, BELLINGHAM, WA 98225

RSVP REQUIRED

Celebration of Light

Thursday, February 18th, 2026 from 5:00 - 6:30pm

Whatcom Hospice invites you to a winter 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 February 12th.

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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