



CNS GRIEF SUPPORT GROUPS

2026



Loss of Spouse

Mondays, January 26 to March 23 from 6:00 to 7:30pm

- **Virtual**

Pre-Loss Group

Tuesdays, February 3 to April 7 from 6:00 to 7:30pm

- **Virtual**

Loss of Family Member or Friend

Tuesdays, April 14 to June 2 from 12:00 to 1:30pm

- **In-Person**

Loss of Spouse

Tuesdays June 16 to August 4 from 6:00 to 7:30pm

- **In-Person**

Loss of Family Member or Friend

Tuesdays August 18 to October 6 from 6:00 to 7:30pm

- **Virtual**

Pre-Loss Group

Mondays, September 15 to November 17 from 12:00 to

1:30pm - **Virtual**

Loss of Spouse - Holiday

Tuesdays, October 28 to December 16 from 6:00 to

7:30pm - **In-Person**