



BEREAVEMENT SERVICES

# 2026 Programs

**Children's**<sup>®</sup>  
MINNESOTA

[childrensMN.org/beravementservices](https://childrensMN.org/beravementservices)



# 2026 Program calendar

Please review individual descriptions on the following pages for additional details, group/event locations and whether the programming will be virtual or held in-person.

JANUARY		
Thursday, Jan. 8	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Jan. 12	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Jan. 26	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Jan. 27	6–7:30 p.m.	Special Event: Parenting while Grieving Workshop
Tuesday, Jan. 27	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Jan. 29	1–2:30 p.m.	Living with Grief: In-person Adult Group
FEBRUARY		
Thursdays, Feb. 5–Mar. 12	5:15–6:30 p.m.	Living with Grief: Youth Program, Winter Session
Monday, Feb. 9	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Feb. 12	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Feb. 23	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Feb. 24	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Feb. 26	1–2:30 p.m.	Living with Grief: In-person Adult Group
MARCH		
Monday, Mar. 9	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursdays, Feb. 5–Mar. 12	5:15–6:30 p.m.	Living with Grief: Youth Program, Winter Session
Thursday, Mar. 12	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Mar. 23	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Mar. 24	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Mar. 26	1–2:30 p.m.	Living with Grief: In-person Adult Group
APRIL		
Thursday, April 9	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, April 13	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, April 27	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, April 28	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, April 30	1–2:30 p.m.	Living with Grief: In-person Adult Group
MAY		
Tuesdays, May 5–June 9	5:15–6:30 p.m.	Living with Grief: Youth Program, Summer Session
Monday, May 11	5–6:30 p.m.	Pregnancy and Infant Loss Support Group

<b>MAY</b> <i>continued</i>		
Thursday, May 14	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Saturday, May 16	1:30–3 p.m.	Special Event: Children's Minnesota Memorial Service
Monday, May 25	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, May 26	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, May 28	1–2:30 p.m.	Living with Grief: In-person Adult Group
<b>JUNE</b>		
Tuesdays, May 5–June 9	5:15–6:30 p.m.	Living with Grief: Youth Program, Summer Session
Monday, June 8	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, June 11	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, June 22	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, June 23	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, June 25	1–2:30 p.m.	Living with Grief: In-person Adult Group
<b>JULY</b>		
Thursday, July 9	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, July 13	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, July 27	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, July 28	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, July 30	1–2:30 p.m.	Living with Grief: In-person Adult Group
<b>AUGUST</b>		
Monday, Aug. 10	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Aug. 13	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Aug. 24	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Aug. 25	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Aug. 27	1–2:30 p.m.	Living with Grief: In-person Adult Group
<b>SEPTEMBER</b>		
Thursday, Sept. 10	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Sept. 14	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursdays, Sept. 17–Oct. 22	5:15–6:30 p.m.	Living with Grief: Youth Program, Fall Session
Tuesday, Sept. 22	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Sept. 24	1–2:30 p.m.	Living with Grief: In-person Adult Group
Monday, Sept. 28	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
<b>OCTOBER</b>		
Thursday, Oct. 8	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Oct. 12	5–6:30 p.m.	Pregnancy and Infant Loss Support Group

## OCTOBER *continued*

Thursdays, Sept. 17–Oct. 22	5:15–6:30 p.m.	Living with Grief: Youth Program, Fall Session
Saturday, Oct. 24	TBD	Special Event: Memory Bash
Monday, Oct. 26	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Oct. 27	9:30–11 a.m.	Living with Grief: In-person Adult Group
Thursday, Oct. 29	1–2:30 p.m.	Living with Grief: In-person Adult Group

## NOVEMBER

Special Event: Memory Bash in-a-Box — mailed by mid-November

Monday, Nov. 9	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Nov. 12	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Nov. 23	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesday, Nov. 24	9:30–11 a.m.	Living with Grief: In-person Adult Group

## DECEMBER

Thursday, Dec. 10	6–7:30 p.m.	Living with Grief: Virtual Parent Group
Monday, Dec. 14	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Dec. 28	6–7:30 p.m.	Pregnancy and Infant Loss Support Group

## LIVING WITH GRIEF GROUP TOPICS:

- **January:** Common Grief Reactions and Feelings
- **February:** Coping and Self-care
- **March:** Changes in Relationships
- **April:** Things I Have Learned Through Loss
- **May:** Seeking Support as You Grieve
- **June:** Living with Hard Emotions
- **July:** Self-compassion
- **August:** Telling Your Story
- **September:** Secondary Losses
- **October:** What I Wish Others Knew About Grief
- **November:** Rituals
- **December:** Hope



To learn more or register for any of the support groups, use the camera on your phone/tablet to scan this QR code.

# Living with Grief

## Virtual Parent Group



*Offers grieving parents a safe space to come together and receive support*

The Parent Group is held virtually on the 2nd Thursday of each month.

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Throughout the grief journey many parents find value in coming together with other grieving parents who can understand and appreciate the intense grief that comes when a child dies. Each session of this program will cover a pre-selected topic, while also having time for open discussion. Parents will have the option to talk about their child and their family's story, as well as share feelings, thoughts and concerns. Parents are welcome to participate as they feel comfortable, however there is no pressure to talk — we understand the value of simply gathering together.

The *Living with Grief Parent Group* serves grieving parents/guardians who have experienced the death of a baby or child during "childhood" (ages of preterm birth to approximately age 25).

This program is **free** and open to any family in the greater community — families do not have to have been cared for in the Children's Minnesota system to participate.

New participants welcomed. **Registration is required.**

Please contact Bereavement Services with questions or to register at 612-813-7216 or [bereavement@childrensmn.org](mailto:bereavement@childrensmn.org).

# Living with Grief

## Youth Program

*A safe space for grieving children and teens to connect and receive support*

The Youth Program hosts six-week group sessions three times a year.\*

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The death of loved one is both heartbreaking and life-changing. The *Living with Grief Youth Program* is a safe space for children and teens who are grieving the death of a loved one — a sibling, parent, grandparent, friend or any special person — to talk about their special person, and connect with others who have experienced a similar loss.

Each session focuses on a different grief topic. Children and teens will explore this topic through age-appropriate conversation, art, music, movement and creative interactions. Child life specialists and music therapists offer children and teens the opportunity to learn, explore and gain some understanding about a variety of grief topics. Grief groups can be helpful to children and teens because it helps them see that they are not alone, that there are other kids just like them who are grieving.

The program is **free** and open to all grieving children and teens in the greater community. Families do not have to be cared for at Children's Minnesota to participate. Youth programming is for children and teens, kindergarten to senior year in high school.

Groups are held in three six-week sessions staggered throughout the calendar year. New participants are always welcomed, and participants may join any time within the six-week session. There are no attendance expectations or requirements.

\* The Winter and Fall sessions will be held on our St. Paul campus. The Summer session will be held on our Minneapolis campus.



The Winter Session will be held Thursday evenings beginning Feb. 6. The Summer Session will be held Tuesday evenings beginning May 5. The Fall Session will be held Thursday evenings beginning Sept. 17. See the Program Calendar for exact dates (pages 2–3), or contact Bereavement Services.

Group will meet from 5:15–6:30 p.m. on either our St. Paul or Minneapolis campus. **Registration is required.**



Register to attend a group by scanning the QR code with the camera on your phone/tablet, or visit [childrensmn.org/grief-form](https://childrensmn.org/grief-form).

## Support for grieving young adults

For information about current local support and programming for grieving young adults, please contact *Brighter Days Family Grief Center* at [carolyn@bdgc.us](mailto:carolyn@bdgc.us) or 952-303-3873.

To learn more about *Brighter Days* visit [brighterdaysgriefcenter.org](https://brighterdaysgriefcenter.org).

Please contact Bereavement Services with questions or to register at 612-813-7216 or [bereavement@childrensmn.org](mailto:bereavement@childrensmn.org).

# Living with Grief

## In-Person Adult Group

*Offering support for caregivers and their families*

The in-person adult group is offered the last Tuesday and Thursday of each month.

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A person's death impacts an entire family. This special program is designed to recognize and support the unique grief experienced by adults who are grieving the death of a child or who are grieving the death of a special person while also supporting grieving children (e.g., a person supporting children who are navigating the death of a loved one).

Each session of this program will cover a pre-selected topic, with time for open discussion. Participants will have the option to share their family's story, along with feelings, thoughts and concerns. They will receive support for their own loss, as well as ideas of how they can be present to the grief of their children.

This program is free of charge and open to all adults in the greater community — families do not have to have been cared for at Children's Minnesota to participate. Please note: November and December dates are still being determined to avoid conflicts with holidays.

New participants are welcome. Registration is encouraged.

If you have questions or are not sure if this program is right for you, please reach out to 612-813-7216 or [bereavement@childrensMN.org](mailto:bereavement@childrensMN.org).

# Pregnancy and Infant Loss Support Group



Co-sponsored by Allina Health and Children's Minnesota

The Pregnancy/Infant Loss Group is held on the 2nd and 4th Mondays of the month. Most sessions will be held virtually.

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Grieving is painful for everyone, and the death of a baby creates a very special grief. Family and friends may be unable to give grieving parents the support they need. If your baby has died, there are people who understand these intense feelings of loss and emptiness: other parents who have lost a baby. The natural bond between bereaved parents enables them to support and encourage each other in a very unique way.

The *Pregnancy and Infant Loss Support Group* helps parents whose baby has died through ectopic pregnancy, miscarriage, stillbirth or newborn death (shortly following birth or during a NICU stay). The group is made up of parents and is led by staff from both Allina Health and Children's Minnesota.

This support group is not therapy, rather it is a group of parents who find comfort and courage in walking this difficult path together. Some groups are led by a facilitator and feature specific grief topics, while others are open-ended and focus on the current needs of the participants. Every group is a safe and confidential place to share feelings and coping strategies.

The group is **free**. New participants welcomed. **Registration is required.**

Please contact Bereavement Services with questions or to register at 612-813-7216 or [bereavement@childrensmn.org](mailto:bereavement@childrensmn.org).

## 2026 SPECIAL EVENTS

### Children's Minnesota Memorial Service

*An annual event for families, dedicated to honoring the lives of your beloved children*

Saturday, May 16 • 1:30–3 p.m.  
Hyland Hills Chalet, Bloomington, MN

*Children's Minnesota Memorial Service* is a beautiful and meaningful event where families have the opportunity to remember and honor their babies and children who have died. Parents, siblings, extended family and close friends are all welcome.

Formal invitations with registration information will be mailed in early April.

### Parenting while Grieving

*A virtual workshop for parents/guardians who are actively parenting while also grieving the death of a special person in their life*

Tuesday, Jan. 27 • 6–7:30 p.m.  
*Held virtually*

During this single-evening workshop parents/guardians will:

- Explore your experience of parenting while grieving.
- Understand how grief impacts your child/adolescent/young adult.
- Support your child's/adolescent's/young adult's grief and healing.
- Develop strategies to support your own coping, self-care and well-being.

This workshop will be limited to 20 families. **Registration is required.**

Please contact Bereavement Services with questions or to register at  
612-813-7216 or [bereavement@childrensmn.org](mailto:bereavement@childrensmn.org).



# Memory Bash

*Keeping memories alive*

Saturday, Oct. 27 • Time TBD, *in person*  
Care packages will be mailed by mid-November.

Join together with family and friends to lovingly remember those you miss so much. The *Memory Bash* programming offers you the opportunity to celebrate and honor your loved one who died with remembrance activities in the comfort of your own home.

Memory Bash programming offers you the opportunity to celebrate and honor your loved one who died with remembrance activities. Interested families will have the opportunity to attend an in-person event or receive a care package filled with a variety of art projects and activities designed to keep the memories of your loved one alive. In addition to ideas and supplies, the package will include written instructions and links to online content.

Families do not need to have experience or ability in the area of art or music to creatively participate. The activities in the box are designed to be used in ways that suit your family best and are intended to promote healing and joy.

Projects are able to be adapted to a variety of age levels. *Memory Bash* programming is available to:

- Parents/families grieving the death of a child.
- Youth grieving the death of a special person in their life.

Formal invitations with registration information will be mailed in September.



## **Bereavement Services**

*Comfort and support for grieving children and families*

Please contact us with any needs at  
[bereavement@childrensMN.org](mailto:bereavement@childrensMN.org) or 612-813-7216.