



Essentia Health

Here with you

Essentia Health St. Mary's Grief Support Services

503 East Third Street, second floor

Virtual and in-person Counseling for children, teens and adults impacted by a life-threatening illness or death of a friend, co-worker, patient, or family member. Please call **218 786-4402** to schedule an appointment for Hermantown Wellness Center or 503 East Third St., Duluth.

- **Website Resources** for grieving youth and adults online at www.essentiahealth.org/griefsupportduluth
- **Grief Notes Quarterly Newsletter** Please email griefcenter@essentiahealth.org if you would like to receive a free quarterly Grief Notes newsletter by email.
- **Training and consultation** regarding grief and trauma issues for professionals and the community.
- **School Crisis Response Team** – To support Twin Ports school communities impacted by the death of a student., call 218-786-4402 or email griefcenter@essentiahealth.org and mark urgent.

Essentia Health Virtual Grief Support Groups

Grief groups for adults, teens, and children are available at no charge. The support groups offered are not therapy groups but focus on sharing and helping each other during times of loss. Please call 218-786-4402 for more information or email griefcenter@essentiahealth.org. Please note that pre-registration is required for all groups.

- Adult Grief Support Group 7-8:00pm, (meets the third Tuesday of each month)
- Younger Widowed Persons Group 7-8:00pm (meets the second Wednesday of each month)
- Suicide Support Group (for friends and family members 18 and older of those who have died as a result of suicide). 7-8:00pm (meets the third Monday of each month)
- Duluth Parent Grief Support Group 7pm (meets the first Thursday of each month) (Miscarriage, stillbirth, infant loss)

Essentia Health In-Person Grief Support Groups

- Parent Group (child, adolescent, or adult child loss) 7-8:00pm (meets the fourth Tuesday of every month)
- Superior Grief Support Group 1:00-2:00pm (meets the third Thursday of each month)
- Hermantown Adult Group (For adults 18 and older grieving the loss of a friend or loved one).10:00-11:00am (meets the first Tuesday of each month) Hermantown Wellness Center, 4289 Ugstad Rd., Hermantown, MN 55811
- Virginia (For adults 18 and older grieving the loss of a friend or loved one). Meets for 8 weeks sessions. (Linda Freeman 218-410-1768)
- Ely Mn 6:30-8pm second Tuesday of the month (for adults 18 and older grieving the death of a friend or loved one) (Cheryl Boyes 218-235-8357)
- Brainerd (for adults 18 and older grieving the death of a friend or loved one) Contact Connie Friehole at 218-828-7442.

YOUNG PERSON'S GRIEF SUPPORT PROGRAM (for young people ages 6-12 grieving the death of a family member or friend) 6-week programs are offered in Fall, Winter, and Spring For more information call 218-786-4402 or email griefcenter@essentiahealth.org

TEENS CAN COPE: -A free grief support group for teens 13-18 who have experienced the death of a family member or friend. for more information, please call 218-786-4402 or email heidi.blix@essentiahealth.org

Kids Can Cope- A free support group for young people aged 7-14 who have a family member impacted by cancer or other serious illness. Please call 218-786-4098 or email gina.dixon@essentiahealth.org for more information.