



## Grief Support Calendar Jan – June 2026

### **Virtual & In-Person Grief Support Groups**

Bakken-Young Funeral & Cremation Services sponsors a variety of grief support groups for adults who are grieving the death of a loved one. Virtual Group meetings are offered via Zoom.

#### **Virtual Group: Self-Care for Grief Group**

Bakken-Young is offering a grief support group that incorporates mindfulness practices. The three embodied practices of the Mindfulness & Grief System are meditation, movement, and self-care. Mindfulness is a practice that allows you to honor your grief as a natural response to love and loss, freeing you from self-criticism and shame. As you learn to be more patient and kinder to yourself, you will become more adept at tapping into your resilience during challenging times.

To register for this 8-week virtual group, call Julia, Grief Support Coordinator, at 715-781-4003 by Jan. 21, 2026.

6:00-7:00 pm on Monday nights  
Jan 26, Feb 2, 9, 16, 23, March 2, 9, 16, 2026

#### **In-Person Grief Support Group in New Richmond**

Mondays, 6:00-7:00 pm  
April 6, 13, 20, 27, May 4, 11, 2026  
New Richmond United Methodist Church  
209 E Second Street, New Richmond.

#### **Coffee & Conversation**

You make your own coffee and join us virtually via Zoom meetings. This is a way to feel supported in grief and loneliness, while also helping meet others and laugh together. Come regularly, twice a month on Fridays, for coffee and conversation from 8:00-9:00 am.

Jan 9, 23  
Feb 6, 20  
March 13, 27  
April 10, 24  
May 8, 29  
June 5, 19

### **Living with a Suicide Death Grief Support Group**

Grief support group for adults grieving the death of a person by suicide.  
2<sup>nd</sup> Thursday, Monthly  
6:00 pm-7:30 pm  
Call Julia, Grief Support Coordinator at 715-781-4003 to attend.

#### **Pizza and Puzzles**

**Bakken-Young River Falls**  
Sunday March 22, 2026  
12:30-3:30pm

Come for some food and refreshments to meet others as you assemble a puzzle, connect, laugh a little, and enjoy a Sunday afternoon. Pizza, salad, water & coffee compliments of Bakken-Young Funeral & Cremation Services.

Register [here](#).

### **Grief Support Webinar *Am I Doing it All Wrong?* Myths and Facts about Grief and Grieving**

**Tuesday, April 14, 2026**

**6:30-8pm via Zoom**

*Subscribe to our [Newsletter](#) for additional information.*

**RSVP for our Grief Support Events to:  
Julia Rajtar, Grief Support Coordinator  
text, call 715-781-4003 or email  
[Julia@bakken-young.com](mailto:Julia@bakken-young.com)**

**Subscribe to our [Newsletter](#) or visit our [Grief Support](#) page for more information on these events.**

**Bakken-Young Funeral & Cremation Services  
[info@bakken-young.com](mailto:info@bakken-young.com)  
New Richmond 715-243-5252  
River Falls 715-425-8788  
Grief Support events are Free.**