

# Bakken-Young

Funeral & Cremation Services

## July – December Grief Support Calendar 2026

### **Grief Support Groups**

Bakken-Young Funeral & Cremation Services sponsors a variety of grief support groups. You are welcome to attend the in-person group and join the virtual group for support. Both offer a different structure and content.

### **In-Person Grief Group Held in River Falls**

Six-week grief support group for adults who are grieving the death of a special person.

Join Mondays: September 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 2026 • 6:00 – 7:00 PM

RSVP by Monday, September 7<sup>th</sup>, 2026

at St. Bridget Catholic Church, Garden View Rm  
211 E Division Street, River Falls, WI 54022

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

Bakken-Young offers an eight-week grief support group that incorporates the three embodied practices of the Mindfulness & Grief System: 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.

Join Mondays: October 26<sup>th</sup>, November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, December 7<sup>th</sup>, 14<sup>th</sup>, 2026 • 6:00 – 7:00 PM

RSVP by Monday, October 19<sup>th</sup>, 2026

### **Picnic in the Park – Robert's Park**

Thursday, July 23<sup>rd</sup>, 2026 • 5:00 PM – 8:00 PM  
(dinner around 6:00 PM)

Roberts Village Park  
312 N Park St, Roberts, WI 54023

RSVP by Friday, July 17<sup>th</sup>, 2026

### **Bakken-Young Fall Grief Webinar**

*Grieving, When the Relationship Was Strained*  
Presenter: Heather Stang MA, C-IAYT

Thursday, October 1<sup>st</sup>, 2026 • 6:30 – 8:00 PM CST

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

Once a month, second Thursday of each month  
6:00 – 7:30 PM

### **Coffee & Conversation**

Make your own coffee and join us virtually through your cell phone or laptop via Zoom meetings. This is a way to feel supported during this time of grief and loneliness, and it is helpful to meet others and laugh together. Come regularly, twice a month on Fridays, for coffee and conversation.

8:00 AM – 9:00 AM

July 10	July 24
August 7	August 21
September 11	September 25
October 9	October 23
November 6	November 20
December 4	December 18

### **Service of Remembrance**

***Bakken-Young's Service of Remembrance • 6:00 PM***

Holidays can be a difficult time after the death of someone special. You and your family are invited to our facility, for this meaningful event of remembrance on either

Tuesday, December 1<sup>st</sup>, 2026 • Bakken-Young New Richmond • 728 S Knowles Avenue, New Richmond, WI 54017

OR

Thursday, December 3<sup>rd</sup>, 2026 • Bakken-Young River Falls • 805 E Division Street, River Falls, WI 54022

An invitation will be mailed in November.

**RSVP for our Grief Support activities to Julia Rajtar, Grief Support Coordinator/Mindfulness & Grief Coach, AFSP Facilitator Trained, via text or calling 715-781-4003 or emailing at [julia@bakken-young.com](mailto:julia@bakken-young.com)**

Visit [bakken-young.com/grief-support](http://bakken-young.com/grief-support) for more information about events, the calendar, and resources.  
Our locations: New Richmond 715-243-5252 | River Falls 715-425-8788 | [info@bakken-young.com](mailto:info@bakken-young.com)