

## 2018 Support Groups

Community Grief Support offers various support groups for different types of grief. By gathering people with like losses together, great support is received—both from the leaders and volunteers, and from one other. Various locations are available, so please choose the group that is most convenient to you and communicate your choice to us so we can contact you prior to the first meeting. Call us at 205.870.8667 to sign up.

### YOUNG WIDOWS SUPPORT GROUPS

These groups are for widows and widowers who are still working or are below retirement age, and meet in the evenings. They meet each week for 10-12 weeks.

Homewood/Mountain Brook—Shades Valley Presbyterian Church—Lower level  
2305 Montevallo Rd, Birmingham, AL 35223

Days: Tuesday Evenings  
Time: 5:30 pm – 7:30 pm  
Fall: September 11 – November 13

Midtown—St John AME Church  
708 15th St N, Birmingham, AL 35203

Time: 5:30 pm—7:00 pm  
Days: Monday Evenings  
Fall: September 10 – November 19

Trussville—Trussville First United Methodist Church—Conference Room  
120 N Chalkville Rd, Trussville, AL 35173

Time: 5:30 pm—7:00 pm  
Days: Thursday Evenings  
Fall: August 23 – November 8

### GENERAL SPOUSAL LOSS

Hoover—Asbury United Methodist Church (General Spousal Loss)

6690 Cahaba Valley Road  
Time: 5:30 pm – 7:00 pm  
Days: Sunday Evenings  
Fall: September 9 – November 18

### RETIRED WIDOWS SUPPORT GROUPS

Retired widows/widowers' groups meet in the mornings. You may join at any time. Groups meet twice a month and will be in the group for a year.

Homewood/Mountain Brook—Shades Valley Presbyterian Church—Lower Level  
2305 Montevallo Rd, Birmingham, AL 35223

Time: 10:00 am – 11:30  
Days: First and Third Tuesdays

Riverchase—Riverchase United Methodist Church  
1953 Old Montgomery Hwy, Birmingham, AL 35244

Time: 10:00 am – 11:30  
Days: First and Third Thursdays

Roebuck—Huffman Baptist Church  
700 Huffman Rd, Birmingham, AL 35215

Time: 10:00 am – 11:30  
Days: First and Third Wednesdays in January only  
Second and Fourth Wednesdays

Shelby County—Regions Bank, Pelham Parkway  
2964 Pelham Pkwy, Pelham, AL 35124  
Time: 10:00 am – 11:30  
Days: First and Third Wednesdays

Walker County—Sumiton Senior Center (Located behind Wal-Mart on Highway 78)  
193 Bryan Rd, Sumiton, AL 35148  
Time: 10:00 am – 11:30  
Days: Second and Fourth Tuesdays

### **OTHER LOSS SUPPORT GROUPS**

#### General Loss

Pratt City -- Bethel Baptist Church  
1708 Spencer Ave, Birmingham, AL 35214  
Time: 6:00-7:30 pm  
Day: Tuesdays  
Fall: September – October 2018

#### LOSS OF ADULT CHILD SUPPORT GROUP

(Must see Steve Sweatt prior to joining this group. Call 205-870-8667 to set up an appointment)

Homewood—Dawson Memorial Baptist Church— North Building, Rooms 258 and 259  
1114 Oxmoor Rd, Birmingham, AL 35209 Time: 6:00-8:00 pm  
Days: Mondays  
Spring: January 22-March 26  
Fall: September 10-November 12

#### LOSS OF GRANDPARENT, PARENT, SIBLING SUPPORT GROUP

(Must see Steve Sweatt prior to joining this group. Call 205-870-8667 to set up an appointment)

Homewood—Dawson Memorial Baptist Church—North Building, Room 253  
1114 Oxmoor Rd, Birmingham, AL 35209  
Time: 6:00-8:00 pm  
Days: Thursdays  
Spring: January 11 – March 15  
Summer: May 17- July 19  
Fall: September 13- November 15