

## 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

Spring: January 9 – March 20

Homewood – Edgewood Presbyterian Church, Fellowship Hall

850 Oxmoor Road, Birmingham, AL 35209

Days: Tuesday Evenings

Time: 6:00 pm – 7:30 pm

Summer: May 15- July 31

Midtown—St John AME Church

708 15th St N, Birmingham, AL 35203

Time: 5:30 pm—7:00 pm

Days: Monday Evenings

Spring: January 22-April 2

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

Spring: January 25-April 5

Hoover—Asbury United Methodist Church (General Spousal Loss)

6690 Cahaba Valley Road

Time: 5:30 pm – 7:00 pm

Days: Sunday Evenings

Fall: TBA

### 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  
Spring: March-April 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— West Wing, Room 100  
1114 Oxmoor Rd, Birmingham, AL 35209 Time: 6:00-8:00 pm  
Days: Mondays  
Spring: January 22-March 26  
Summer: May 14- July 23  
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