



## ABOUT

All groups are free.

Contact the facilitator for more information.

## SOCIAL

Join the Social Grief group to stay in touch with others who are moving through loss. Find times/locations for grief groups, and learn about social outings scheduled for those seeking Friends in Grief.

 <https://www.facebook.com/groups/574171292915532/>

# LOWCOUNTRY GRIEF GROUPS

## WEST ASHLEY

St. Francis Hospital  
First Tuesday of each month  
6:00 p.m. – 7:30 p.m.  
Call Sarah Varner: 843-296-1124

## DOWNTOWN

Perinatal Loss Support Group  
Prenatal Wellness Center  
2nd and 4th Monday of each month  
6:30 p.m.-8:30 p.m.  
Call Mary Ernst: 843-792-6395

## JAMES ISLAND

Lowcountry Senior Center  
Every Friday  
10:30 a.m.-12 p.m.  
Call Dana Holtvoigt: 843-810-8810

## MT. PLEASANT

St. Francis Hospital, Mt. Pleasant  
Third Tuesday of each month  
2 p.m – 3 p.m.  
Call Margaret Harouny: 843-906-0117

McAlister-Smith Funeral Home  
Every Thursday  
5:30 p.m.-6:30 p.m.  
Call Alexis Vanderveen: 843-557-3450

## NORTH CHARLESTON

Trident Hospital  
Every Wednesday  
2 p.m. – 3 p.m.  
Call Melvina Pringle: 843-529-3100

Grief Share  
Multiple locations and times  
Check website:  
<https://www.griefshare.org/groups/search>