

Hospice adult grief support groups

Available for either in-person or online Zoom attendance

Are you or someone you know grieving? Consider participating in an upcoming six week in-person or online Zoom grief group. These groups provide a safe way to connect with other people who are grieving, to be understood, and to share needs, concerns and feelings.

Grief Group participants **must be between three months and three years** on their journey with grief after the death of their loved one.

Fall 2026: Week of October 12th - Week of November 16th
(Make up session held the week of November 30th)

ALBERT LEA

Mayo Clinic Health System
404 West Fountain St
Albert Lea, MN 56007

Tuesdays, 2:30 – 4:00 p.m.
CST (time zone)

ROCHESTER

Mayo Clinic Hospice Office
4115 W Frontage Rd
Rochester, MN 55901

Tuesdays, 1:30 – 3:00 p.m.
CST (time zone)

Thursdays, 5:30 – 7:00 p.m.
CST (time zone)

RED WING

Seminary Professional Building
906 College Ave
Red Wing, MN 55066

Wednesdays, 5:30 – 7:00 p.m.
CST (time zone)

ONLINE ZOOM*

Tuesdays, 5:30 – 7:00 p.m.
CST (time zone)

*To attend via Zoom you will need:

- Access to a computer with internet access, microphone and camera
- A private place without other people present because the conversations during grief groups are to be kept confidential
- An email address for receiving materials and the Zoom link



DETAILS

To register for a group, please contact us or use the QR code below:

(507) 284-4002

(800) 679-9084 (toll-free)

rsthospicebereavement@mayo.edu



Registration closes September 7, 2026

If a group meeting needs to be canceled due to unforeseen circumstances, a make-up session will be held the week of November 30th.

Health and Safety, (COVID, transmissible illnesses)

For the health and safety of yourself and others during in-person attendance, we ask that you follow current Mayo recommendations.



200 First Street SW
Rochester, Minnesota 55905
507-284-2511

July 20, 2026

To those who may be grieving,

We would like to invite you to participate in the upcoming Mayo Clinic Hospice Grief Support Group. This fall we are offering the option of both Zoom or in-person Grief Support Groups in multiple locations. Our six-week specialized Grief Support Groups will begin the week of **October 12th** and go through the week of **November 16th, 2026**. The enclosed flyer provides information regarding these groups and information on how to register.

To participate, you need to be between *three months and three years* of death of your person. We ask that you complete the entire application form and include any additional information you think will be helpful for us to know. The group facilitators and bereavement coordinators will keep this information confidential. When we receive your completed registration, you will be sent a confirmation email.

Participants who choose to attend the Grief Support Group via Zoom will need the following; access to a computer with internet connection, a microphone, and a camera, and a private place to meet (without others present due to the confidential nature of the grief group). A valid email address is necessary to receive important group materials before the session(s).

Registration is required, as space is limited; please complete your registration **prior to September 7th, 2026**. Those who have attended these support groups rate them as very helpful.

Please email us at RSTHOSPICEBEREAVEMENT@mayo.edu or call us at 507-284-4002 or 1-800-679-9084 for any questions or concerns that you may have.

Sincerely, 

Ana Wilson and Jackie Carstens
Mayo Clinic Hospice
Bereavement Team

Enclosures (1)