



*J. Henry Stuhr*

*You are invited to our grief support groups*  
**The ABC's of Grief and Self Care**

NEW LOCATION West Ashley at Harmony 1925 Essex Farms Dr Charleston SC 29414

April 16, May 21, June 18, July 16, August 20,  
September 17, October 15, November 19, December 17, 2026  
1:30 pm to 3:00 pm

Downtown Chapel, 232 Calhoun St., Charleston, SC 29401

March 12, April 9, May 14, June 11, July 9, August 13,  
September 10, October 8, November 12, December 10, 2026  
1:30 pm to 3:00 pm

Northwoods Chapel, 2180 Greenridge Road, North Charleston, SC 29406

March 11, April 8, May 13, June 10, July 8, August 12,  
September 9, October 14, November 11, December 9, 2026  
1:30 pm to 3:00 pm

South Bay, 1400 Liberty Midtown Drive, Mount Pleasant, SC 29464

April 13, June 15, August 10, October 12, December 7, 2026  
2:00 pm to 3:30 pm

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***Additionally, we have a "2nd Year and Beyond" Grief Support Group***

This particular group is for anyone grieving the death of a loved one in the second year  
and beyond after the loss.

Downtown Chapel, 232 Calhoun St., Charleston, SC 29401

June 3, and September 2, 2026  
1:30 pm to 3:00 pm

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Each session is guided by a Board-Certified Grief Counselor. Each meeting we will focus on a different aspect of the grieving process. Group participants are encouraged to share or ask questions as they wish, or to just listen if speaking is difficult. These programs are designed so that an individual can join the group at any time.

**Everyone is welcome!**

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We also have The Lunch Bunch with Dru Strickland-Ackerman

This will be a time of fellowship, encouragement and just enjoying dutch lunch together!

Thursday, March 26<sup>th</sup> and April 23<sup>rd</sup> at 12:00 pm

**Host Location:**

Easterby's Family Grille

2388 Ashley River Rd, Charleston, SC 29414

*Please RSVP, lunch will be **Dutch**.*

Please reach out to Linda Hair at 843-572-2339 or Email: [Linda.Hair@jhenrystuhr.com](mailto:Linda.Hair@jhenrystuhr.com)