



# J. Henry Stuhr

— YOU ARE INVITED TO OUR —

## GRIEF SUPPORT GROUPS

### *The ABC's of Grief & Self-Care*



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!*



### GROUP LOCATIONS & DATES (2026)



#### HARMONY AT WEST ASHLEY

1925 Essex Farms Dr  
West Ashley, SC 29414

June 17 • July 15  
August 19

September 16 • October 21  
November 18 • December 16

🕒 1:30 PM – 3:00 PM



#### JHS DOWNTOWN CHAPEL

232 Calhoun St.  
Charleston, SC 29401

June 11 • July 9  
August 13

September 10 • October 8  
November 12 • December 10

🕒 1:30 PM – 3:00 PM



#### JHS NORTHWOODS CHAPEL

2180 Greenridge Rd  
North Charleston, SC 29406

June 10 • July 8  
August 12

September 9 • October 14  
November 11 • December 9

🕒 1:30 PM – 3:00 PM



#### SOUTH BAY (SUITE 420)

1400 Liberty Midtown Dr  
Mount Pleasant, SC 29464

June 15 • August 10  
October 12  
December 7

🕒 2:00 PM – 3:30 PM



#### “2nd Year & Beyond” Grief Support Group

For those grieving a loss in the second year or beyond.

#### DOWNTOWN CHAPEL

232 Calhoun St., Charleston, SC 29401

📅 June 4 & September 3, 2026

🕒 1:30 PM – 3:00 PM

#### *The Lunch Bunch* with Dru Strickland-Ackerman

A time of fellowship, encouragement and just enjoying Dutch lunch together!

📅 June 25, July 30, Sept. 24 & Oct. 29 AT 12:00

*Host Location:*

#### EASTERBY'S FAMILY GRILLE

2388 Ashley River Rd, Charleston, SC 29414

Please RSVP, lunch will be Dutch.



*We are here  
to help.*



Please reach out to  
Linda Hair at **843-572-2339**



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