Kauaʻi Hospice
a special kind of caring

Individual and Family Grief Healing Activities – Fall/Winter 2026

The death of a loved one can be one of the most devastating, hurtful, and life-changing experiences one endures. You can find comfort knowing there is confidential help, caring support, and proven processes for coping with your sorrow.

Film: Speaking Grief: A transformative documentary that validates the experience of grievers, and helps guide those who wish to support them. By sharing diverse representations of bereavement experiences, the film illustrates that grief is both universal and individual. Discussion to follow. Location: Kauaʻi Hospice Conference Room. Pre-registration required; call 808-245-7277. **Wednesday, October 14; 6:00-7:30 pm**

Journey Through Grief: A 5-week peer support group for adults facilitated by trained grief specialists, for reducing the severity and duration of the mourning process while integrating the loss over time. Location: Kauaʻi Hospice Conference Room. Pre-registration required; call 808-245-7277. **Thursdays, 5:00-6:30 pm: October 15, 22, 29 and November 5, 12.**

Grief Labyrinth Walk: Through this ancient practice, participants will be taken on a guided walk into a safe, sacred experience that encourages reflection, emotional release and healing. This non-judgmental environment honors each individual's grief journey. Location: Center for Spiritual Living, Kapaʻa. Pre-registration required; call 808-245-7277.
Wednesday, November 18; 6:00-7:30 pm

Pregnancy, Infant and Child Loss Support Circle: A pathway to hope, renewal and inner peace, this 5-week session is for adults who are grieving the death of a child. In a supportive way, participants will be encouraged to explore their feelings using interactive techniques and skills, learning how loss affects and transforms us. Pre-registration required; call 808-245-7277 for more information and support. Location: Kauaʻi Hospice Conference Room.
January 2027 (TBD)

Candle Lighting Memorial Service: An inter-faith ceremony that offers music, special thoughts on coping and an opportunity to light a candle in memory of a loved one. No registration required. **Events are from 6:00-7:00 pm** and offered at three locations:

Immaculate Conception Church - 4453 Kapaia Rd, Lihuʻe - Monday, Dec. 7th.

Hanapepe Hawaiian Congregational Church - 3815 Hanapepe Rd, Hanapepe - Thursday, Dec. 10th.

Saint Sylvester Catholic Church - 2390 Kolo Rd, Kilauea - Monday, Dec. 14th.

Individual/Family Grief Counseling: If you are hurting from the death of your loved one and would like to talk with a bereavement counselor specializing in grief and loss acceptance, please call Kauaʻi Hospice at 808-245-7277; Monday – Friday from 8:00 am – 4:00 pm to schedule an appointment.