



Widowed Too Soon Grief Support Groups – Topeka, KS

WHEN: 1st and 3rd Tuesdays of the Month

Where: St. David's Episcopal Church, Topeka, KS

Time: 5:00 p.m. – 6:30 p.m.

Open group for men and women who are widowed and seeking to find support with others who are also widowed.

---Please call (785) 228-0400 to confirm group is meeting due to inclement weather, holidays, Covid restrictions, or other changes.

Perkins Widowed Grief Group

When: 2nd and 4th Mondays of each month

Where: Perkins Restaurant, 1720 SW Wanamaker Rd, Topeka, KS (Private room)

Time: 5:30 p.m. to 7:00 p.m.

Grief group for those who are widowed to share in a meal and support each other in loss and grief. Meals and drinks are purchased by attendees.

---Please call (785) 228-0400 to confirm group is meeting and not cancelled due to inclement weather, holidays, Covid, or other circumstances.

Widowed Grief support Group – Lunch

When: Every Wednesday

Time: 11:30 a.m. to 1:00 p.m.

Where: call for information – location changes often/local restaurant – Phone call reminders to group members are made each week.

Sharing a meal is something widows, and widowers miss when losing their life partner. Mealtimes shared gives a sense of being and wellness. Research has shown sharing a meal, and a sense of community, have positive effects on mental and physical wellbeing. Meals and drinks are purchased by attendees.

--Please call (785) 228-0400 to confirm location of group meeting weekly – cancellations may occur due to inclement weather, holidays, Covid, or other circumstances.