

## GRIEF SUPPORT GROUP INFORMATION

### **WVA Visiting Nurse Association Hospice**

Bereavement luncheons, support groups, workshops, memorial service, for information call:

Dallas County: Sue Rafferty, 214-689-2922

Tarrant County: Sue Rafferty, 214-689-2922

Collin County: Molly Harrison 214-733-5545

Ann's Haven, Denton, Molly Harrison, 940-349-5900

Kaufman County: Clayton McCord 972-962-7500

### **Gilda's Club North Texas** (loss from cancer)

2710 Oak Lawn, Dallas, TX 75219

Ongoing and 6 week groups 214-219-8877

<http://www.gildasclubtx.org>

### **Parkland Health & Hospital Systems**

"Growth through Grief Program"

5201 Harry Hines Blvd., Dallas, TX 75235

Mary Finnin, (214) 590-8512

### **Medical Center of Plano**

Healing Matters II, loss of a loved one or spouse

3901 W. 15th St., Plano, TX 75075

Ginny Robinson, (972) 519-1588

Loss of a loved one: 2<sup>nd</sup> Tuesday, 7:30 p.m.

For Widows/Widowers: 2<sup>nd</sup> Tuesday, 7:30 p.m.

Share time group 4<sup>th</sup> Tuesday, 7:30 p.m.

Moving On 1<sup>st</sup> Tuesday, 7:30 p.m.

### **Methodist Medical Center**

"Resolve Through Sharing" (214) 947-3053

### **Northway Christian Church**

7202 W. Northwest Hwy., Dallas, TX 75225

Jack Arrington, Minister of Pastoral Care

(214) 361-6641

### **Preston Hollow Presbyterian Church**

Grief seminars, luncheons, 9800 Preston Rd, Dallas

Cathy Bell, 214-368-6348 x 127

### **Holy Spirit Catholic Church**

1111 W. Daniieldale, Duncanville, TX 75137

Eileen Rosco, (972) 298- 4971 ext. 26

### **Holy Family Church**

2323 Cheyenne, Irving, TX 75062

Linda Moses, (972) 252-5521

### **Jewish Family Service**

5402 Arapaho, Dallas, counseling available

Carolyn Brasswell, (972) 437-9950

### **Trietsch Memorial United Methodist Church**

Coping with Loss, 5 week support group

6101 Morriss Rd., Flower Mound, 972-539-8547

### **GriefShare**

Grief support program offered by thousands of churches nationwide, from a Christian biblical perspective. To find locations, call 800-395-5755 or go to <http://www.griefshare.org/findagroup/>

### **Medical Center of Lewisville**

Grieving and Growing, 2nd Thursdays

972-420-1036, 500 W. Main, Lewisville

### **Patient Comprehensive Cancer Center**

Grief Support Group, 3rd Wednesday, 12:00pm

4352 N. Josey Lane, Carrollton

Tina Withrow, (972) 395-1010

### **Prestonwood Baptist Church**

"Grief Support for Adults"

6801 W. Park, Plano, TX 75093

Madge Williams, Coordinator, (972) 820-5000

### **Prince of Peace Catholic Church**

5100 W. Plano Pkwy, Plano, TX 75093

Deacon Louis or Jayne Munoz, (972) 727- 1177

### **St. Mark The Evangelist Catholic Community**

"New Day" 9 week support group, available in

English & Spanish 1100 W. 15th St., Plano, TX

Journey Toward Healing monthly support group

Sylvia Garcia, (972) 423- 5600 ext. 230

Debbie Gonzalez, (972) 423-5600 ext. 235

### **Medical Center of McKinney**

130 S. Central Expressway, McKinney

Wysong Campus Resource Center

1<sup>st</sup> Monday, 6:30 to 8:00, registration requested

### **Guardian Wings of McKinney**

Medical Arts Bldg., Rena Tarbet Cancer Center,

4201 Medical Center Dr., Ste. 320, McKinney, TX

2<sup>nd</sup> Thursday, 6:30 to 8:30 p.m.

**Contact for both:** Becky Bernardi, Education

Services, 800-797-6085, 972-547-5471

### **Remembering Mom**

Quarterly support group, yearly seminar, annual

luncheon for women who have lost mothers, meets at

Lover's Lane United Methodist Church, Dallas

call 214-755-9644, <http://www.rememberingmom.org>

### **EDUCATION FOR MINISTERS**

#### **Catholic Diocese of Dallas**

Grief support groups, and a service to educate ministers of their role in bereavement situations.

3725 Blackburn, Dallas, TX 75219

Deacon Charles Stump, Jr., Dir. Pastoral Services

(214) 528-2240 ext. 317, [griefgroup@cathdal.org](mailto:griefgroup@cathdal.org)

## GROUPS FOR WIDOWS AND WIDOWERS

### **Widowed Persons Support Group**

Grief support groups, brunch/breakfast meetings, newsletter, and social activities, 214-358-4155  
<http://www.widowedpersonsDallas.org>

### **LIFT (Living Information for Today)**

Luncheons and social activities for widows/ widowers throughout the Metroplex, newsletter  
Jamie Jewell, Community Outreach, Dignity Memorial Funeral Providers 972-264-9900, ext.16.

### **Medical Center of Plano**

Support groups and social activities  
Call Ginny Robinson, 972- 519-1588 for details

### **The Beginning Experience**

Weekend program for widowed, separated, and divorced persons ready for a new beginning.  
972-601-4091, <http://www.beginningexperience.org>

## GROUPS FOR THE LOSS OF A CHILD

### **The Compassionate Friends**

Loss of a child of any age, has local chapters in Carrollton/Farmers Branch, Plano, Duncanville Garland/Mesquite, Fort Worth. 1-877-969-0010  
<http://www.compassionatefriends.org>

### **Bereaved Parents of North Texas**

Loss of a child of any age, meets at St. Barnabas Episcopal Church, 1200 N. Elm St., Denton, Texas  
<http://www.bereavedparentsnTx.org>

### **Presbyterian Hospital of Dallas**

Caring Hearts Support Group, loss of a baby  
8200 Walnut Hill Lane, Dallas, TX 75231  
1st and 3rd Tuesdays, 7:00pm, (214) 345-2498

### **Medical Center of Lewisville**

Helping and Healing: Loss of a Child, 500 W. Main  
3<sup>rd</sup> Wednesday, 7:30 p.m., (972) 420-1036

### **Medical Center of Plano**

Healing Matters I, Pregnancy and infant loss  
3901 W. 15th St., Plano, TX 75075  
Ginny Robinson, (972) 519-1588

### **MEND, Mommies Enduring Neonatal Death**

P.O. Box 1007 Coppell, TX 75019  
Rebecca Mitchell 972-506-9000 <http://www.mend.org>

### **Charlton Methodist Hospital**

3500 Wheatland Rd., Dallas. Pregnancy and infant loss support group, Jean Russell, 214-947-7127

### **Camp Sol**

Supports families who have experienced the death of a child, includes support activities for siblings.  
214-442-1664 <http://www.campsol.org>

## GROUPS FOR CHILDREN AND FAMILIES

### **GriefWorks**

6320 LBJ Fwy, Ste. 122, Dallas, 972- 960-9981  
<http://www.christian-works.org/griefworks>

### **Journey of Hope**

3900 W. 15<sup>th</sup> St., Suite 306, Plano  
972-964-1600 <http://www.iohgriefsupport.org>

### **The Warm Place**

1510 Cooper St., Fort Worth, TX 76104  
(817) 870-2272 [www.thewarmplace.org](http://www.thewarmplace.org)

### **Lighthouse for New Hope**

Groups held at Our Savior Lutheran Church Mesquite, for information call 972-226-3110  
<http://www.lighthousefornewhope.org>

### **Gilda's Club North Texas (loss from cancer)**

2710 Oak Lawn, Dallas, TX 75219  
Grief Busters support for kids 214-219-8877  
<http://www.gildasclubtx.com>

### **Camp El Tesoro de la Vida Grief Camp**

One week resident camp for grieving children  
817-831-2111 <http://www.campeltesoro.org>

### **Camp Conquer**

Three day camp in Anna, Texas, offered once a year for grieving children. <http://campconquer.org>

## SUPPORT FOR FAMILIES OF HOMICIDE VICTIMS

**Victim's Outreach:** 214-358-5173 Support and counseling for crime victims, homicide support group

### **Trauma Support Services of North Texas, Inc.**

Therapy and support for trauma survivors  
Jeannette LaFontaine 972-709-4904 [www.tssnt.org](http://www.tssnt.org)

### **Parents of Murdered Children**

Dallas contact: Jo Ann Starkey 972-298-7398  
Fort Worth: Rick & Judy Nesbit 817-429-4928

## SUICIDE LOSS

### **Survivors of Suicide (SOS)**

Support groups at Suicide and Crisis Center and other metroplex locations, <http://www.sccenter.org>  
contact Jenyce Gush, 214-824-7020  
24 hour crisis line 214- 828-1000

### **Touched by Suicide**

Trinity Presbyterian Church, 5500 Morriss Road Flower Mound, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7:00 p.m.  
Contact Sue Endsley, 972-539-0514

## PET LOSS SUPPORT GROUP, COUNSELING

**SPCA of Texas**, 214-651-9611, ext. 172  
362 S. Industrial Blvd., Dallas, 1<sup>st</sup> Saturdays, 1:00

## Bereavement Websites

<http://www.aarp.org/family/lifeafterloss>

Bereavement resources and information offered by AARP.

<http://www.beyondindigo.com>

Has information and resources about grief, grieving, death, and dying, plus message and discussion boards.

<http://www.centerforloss.com>

Link to books and articles on grief by grief counselor and educator Alan Wolfelt, PhD.

<http://www.centering.org>

Has extensive list of books and other literature to help grieving people.

<http://www.compassionatefriends.org>

Self-help organization for families who have experienced the loss of a child of any age.

<http://content.floridahospital.org/pastoralcare/explore/grief.htm#explore>

Has articles about exploring your grief, helping yourself grieve, and helping others.

<http://www.griefandrenewal.com>

Has articles, bookstore, discussion groups, Widows International links, grief resources.

<http://www.griefhealing.com>

Website with extensive quotes/poems section, articles on loss and pet loss, discussion groups.

<http://www.griefnet.org>

E-mail support groups and resources for various kinds of losses; a small monthly fee requested for participation. Monitored by mental health professionals.

<http://www.griefshare.org>

GriefShare participants meet, watch a video seminar about the grief process, and have small group discussions. Website has a link for finding support groups. Biblical focus.

<http://www.grieving.org>

On-line printing of a booklet that offers scriptural insight for healing in the midst of grief; provided by the International Bible Society.

<http://www.forwidowsonly.com>, forum at <http://www.sslf.org/forum/>

Website with articles about being a widow, linked to a forum where women who have lost husbands can meet, share, and heal together

<http://www.growthhouse.org>

Provides resources for those dealing with life-threatening illness, end of life care, and grief issues.

[http://www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)

Site with information on mental and physical wellness, has resources for a number of health issues, including grief and loss.

<http://www.hospicenet.org/html/bereavement.html>

Site has articles and links to help understand and cope with grief.

<http://www.insightbooks.com>

Includes materials and articles from grief expert Doug Manning. The link to Articles is especially helpful.

<http://www.livingwithloss.org/resources.htm>

Website with links to other grief and loss websites

[http://www.mentalhelp.net/selfhelp/selfhelp.php?idx=41&isindex2=&a\\_index=50](http://www.mentalhelp.net/selfhelp/selfhelp.php?idx=41&isindex2=&a_index=50)

Extensive links to self-help groups for various kinds of losses.

<http://www.nlm.nih.gov/medlineplus/bereavement.html>

A helpful website from the National Institute of Health with links to articles on grief, including some in Spanish.

<http://www.obgyn.net/women/loss/loss.htm>

Provides support for women dealing with the loss of a baby and support resources for infertility.

<http://www.webhealing.com>

Information about various aspects of grief and the masculine side of healing, grief discussion boards.

<http://www.widownet.org>

Information and self-help resources for widows and widowers, discussion boards.

## Bereavement Bibliography

### General Loss And Grief

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- Diamant, Anita. *Saying Kaddish: How to Comfort the Dying, Bury the Dead, and Mourn as a Jew*. Schocken Books, Inc., 1999.
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- O'Connor, Nancy. *Letting Go with Love: The Grieving Process*. La Mariposa Press, 1984.
- Rando, Therese A. *How to Go on Living when Someone You Love Dies*. Bantam Doubleday Dell Publishing, 1991.
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### Loss Of A Spouse

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Caine, Lynn. *Being a Widow*. William Morrow & Co., 1988.

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Felber, Maïta. *Finding Your Way After Your Spouse Dies*. Ave Marie Press, 2000.

Estlund, Annie. *For Widows Only*. iUniverse, 2003.

Ginsburg, Genevieve Davis. *Widow To Widow - Thoughtful, Practical Ideas for Rebuilding Your Life*. Da Capo Press; Rev Ed edition, 2004.

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### Loss Of A Parent

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### Loss Of A Brother Or Sister

DeVita-Raeburn, Elizabeth. *The Empty Room: Surviving the Loss of a Brother or Sister at Any Age*. Scribner, 2004.

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## What is GriefWorks?

“Although the world is full of sorrow, it is full also of the overcoming of it.” Helen Keller

GriefWorks is a place for children who have had someone close to them die. Twice a month a child can come to GriefWorks and be with other children who have experienced loss. Through sharing, play, drama, art and with the **support** of caring listeners, children are able to express feelings of grief in a safe place.

### **Why provide grief support for children?**

With an attitude of grief avoidance and “get over it,” our society places value on happiness, success and health. Grieving children may feel “different” from their peers at school, church and sports. At GriefWorks, the shared circumstance of loss frees children to explore their grief and mourn openly. Children who internalize grief may experience depression, school adjustment problems, substance abuse, or other coping problems.

### **Who may come to GriefWorks?**

Children ages 5-18 and adults will find others like themselves at GriefWorks. Groups are divided 5-8, 9-12, 13-18 and adults.

### **What will a program participant do at GriefWorks?**

Group sharing, art activities, puppets, drama, and play, are some of the activities that trained volunteers will companion children through. Volunteers are trained to listen to children. Children can paint, draw, and recreate stories in a sand tray.

### **What is the difference in grief support and grief counseling?**

Grief support is not treatment. It is not counseling. Support is listening, being present to children who are grieving. It is trusting that a child will mourn when given safe environment in which to do this work. It can even be fun. Grieving children are not “broken” and do not need “fixing.” They need to be given a place where they feel comfortable enough to express their deepest hurts.

Complicated cases of grief will be referred to licensed professional counselors in CounselingWorks.

#### **For More Information Contact:**

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