

****Please note -You will need to call them for further information, as it is not a one-size-fits-all. Contact the ones you might be interested in to get further information(location, virtual or in-person, religious or not, registration or intake, etc.). Also,that more than one category might apply to your loss, so look at the WHOLE LIST of categories. Thank you!**

CATEGORIES

- | | |
|---|---|
| I. Adult Grief Support
Groups, Talks, Events, etc. | VIII. Loss of Child |
| II. Loss of Spouse/Widows and Widowers | IX. Support for Children/Teens & their families |
| III. Twin-less Twins | X. Loss of Parent |
| IV. Young Adult groups pp. | XI. LGBTQ |
| V. Suicide Loss Support | XII. Homicide loss |
| VI. Spanish Grief Support | XIII. Pet Loss |
| VII. Loss of Pregnancy or Infant | |

ADULT GRIEF SUPPORT (GENERAL) Groups, Talks, Events, etc.

Faith & Grief

Faith & Grief is a local non-profit that was begun in 2008 to offer help, hope, comfort, and encouragement to those who have lost a loved one. Call for info and other dates- <https://www.faithandgrief.org/findsupport/>

Faith & Grief www.faithandgrief.org | 469-616-1795 | info@faithandgrief.org Shelley@faithandgrief.org
Programs are ongoing IN PERSON and ZOOM Groups Locations: Dallas: North, South and Downtown, Plano, Richardson & Irving.

Registration www.faithandgrief.org/calendar

Meetings are Free (lunchtime meetings offer meals, and evening meetings offer light refreshments)
They also offer local 8-week sessions of the Faith & Grief Workshop, Grief Weekend Retreats in TX

Visiting Nurse Association:

Visiting Nurse Association Hospice is holding various grief support meetings. Some of our groups are in-person, and some on the Zoom platform. Our bereavement events are open to families and friends of VNA patients, as well as to adults from the community, and offered free of charge. If you know of others who are grieving the loss of a loved one, you are welcome to invite them to join us.

In-Person Grief Support

Sharing the Journey: Coping with Grief—Dallas: This five-week grief support group will meet in person from February 7 to March 6, from 10:00 to 11:30 a.m. on Wednesdays. If the weather cancels, we will add March 13. The group will meet at the VNA offices, 1420 W. Mockingbird Ln. Suite 700, Dallas, TX 75247. Contact Sue Rafferty, LMSW, at rafferts@vnatexas.org, or call 972-215-6128, for more information and to register.

2024 Grief Resources updated 1-26-24

Online Grief Support (on Zoom)

a. Lunchtime Grief Support meetings provide an opportunity to hear a practical program about some aspect of the grief process, with time for questions and discussion. We meet the fourth Thursday of the month, noon to 1 pm, January 25, February 22, and March 28, April 25, May 22. The Zoom link is

https://vnatexas.zoom.us/j/88060972096?pwd=ZEhtajhrbEtCSkpNRmdKajkyUXZ1QT_09 Meeting ID: 880 6097 2096

Passcode: 887344 Phone 1-346-248-7799

Meeting ID: 880 6097 2096 Passcode: 887344

For more information contact Sue

Rafferty, rafferts@vnatexas.org, 972-215-6128

Monthly Grief Support in partnership with Methodist Hospital "Generations."

Meetings are held the second Monday each month, 1-2 pm, on Zoom, February 12, March 11, April 8, May 13, June 10

You will need to register with the Generations program to access the Zoom session. Zoom link:

<https://zoom.us/j/92980366396> Meeting ID is 929 8036 6396 Contact Sue Rafferty, LMSW, rafferts@vnatexas.org, or

call 972-215-6128, for more information. Please feel free to contact us for more information or for bereavement resources. There are other support groups we can recommend if our times do not work for you.

Grief and Loss Center of North Texas

Adult groups—Need to call for an intake appointment first. All virtual, monthly variety of groups through Zoom: Misc: Group for Child Loss by Suicide, Parent Group for Child Loss, Mom's Group for Sr. Adult moms who have lost an older adult child, Homicide Group - loss of loved one by homicide, Young Adult Group (19 - 35 yr. olds), Young Adult Spouse/Partner Loss Group (up to age 50ish), Spouse Partner Loss Group (50 and older), Family and Friends Group www.mygriefandloss.org Contact info: Contact Gail at the Grief and Loss Center at 214-452-3105, Registration: By phone - appointment made through calling 214-452- 3105 - An intake by phone is required before attending our groups, Not faith-based, free ZOOM and children groups are IN PERSON 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Phone: 214-452-3105 [Email: hope@mygriefandloss.org](mailto:hope@mygriefandloss.org)

1. **Our Family and Friends Group** is for adults who have experienced the death of a family member or beloved friend. An intake phone meeting is required before attending. To schedule your appointment, call 214-452-3105. Please be aware that the wait for the next available appointment may be 2-3 weeks. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Phone: 214-452-3105 Email:

hope@mygriefandloss.org

Christ United Methodist Church (Plano)

Monthly grief support continues on the 3rd Mondays at 7 PM in room N154 in- person Contact group facilitator for spring group-Margie Crews for info mccrews2@tx.rr.com Christ United Methodist Church 3101 Coit Rd Plano TX 75075 Room N154 religious, free , IN PERSON Religious, free, no registration needed

Spring grief support classes (3/12-4/16 at 6:30PM, N157) IN PERSON- Christ United Methodist Church 3101 Coit Rd Plano TX 75075 Here is the link; please note this is not effective until Feb. 12 (one month before the class begins).

Link: <https://cumcplano.shelbynextchms.com/external/form/ab5e9d47-0fd2-4400-9284-a434e0cf36e9>

Fellowship Church Grapevine Campus located at 2450 N Hwy 121, Grapevine, Texas 75051, FC Grief Support meets on Wednesday nights at 7 -8:30 PM (except for the holidays) in Room A2. (Child care is available) We will watch video presentations of Christian Grief Counselors (this is different from the GriefShare videos) and discuss treasured truths from God's Word. It is in-person as well as virtual. Most importantly, we will come along side you through your sacred season of grief. For more information, contact Roxanne Suggs via text (214-277-1409) or email (Roxanne.suggs@fellowshipchurch.com) If possible email her ahead.

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Trietsch Memorial United Methodist Church 6101 Morriss Rd., Flower Mound, TX 75028 “Coping with Loss” grief seminar, runs for 5 consecutive Thursdays, 7pm-9pm. 2024 start dates – April 11th, July 11th, and October 10th. “Handling the Holidays” is a one-day grief seminar offered on Saturday, November 9th, 2024 9:30am – noon. All seminars are open to the community and free of charge. Registration is required and space is limited. Contact Jeanette Tumino, 972-539-8547, ext. 208 or email jeanettet@tmumc.org to register or for more information.

Three Oaks Hospice IN PERSON Support Group Monthly the second Wednesday of each month through June 2024 at 2:00 to 3:30 PM Three Oaks Hospice 331 Melrose Dr, Ste 230 Richardson TX 75080 To join or for details- call Aimee Siulte at 214-628- 9090 or email asiulte@threeoakshospice.com. Additional groups are being planned virtually on Zoom and in person in Richardson and Waxahachie, TX.

Carson's Village is a non-religious free service who assists families in all 50 states, Guam and Puerto Rico. Live Advocates are provided immediately after a loss, and for up to two years following that loss. The Advocates can help coordinate the funeral, set up Family Support Webpages to raise funds and communicate the family's wishes to their friends and family, and assess the families' needs and find resources that can help. Additionally, Advocates provide continuing support services for up to one year after a loss. Some of our services include free monthly online grief group support, Peer- to-Peer match ups, and special programming geared toward the grief and bereavement process. [Carson's Village Monthly Grief Group Support Program](#) provides an understanding of grief's dynamics and explores the myths and what to expect after the passing of a loved one. The monthly meetings teach strategies to develop healthy coping skills to help you adjust to a life without your loved one. We meet virtually on the second Tuesday of every month 7 pm CST and the last Wednesday of every month 6pm CST. For more information, <https://carsonsvillage.org/contact-us/> (Melissa Stephen at MelissaS@carsonsvillage.org)

Highland Park United Methodist Church 3300 Mockingbird Dallas TX 75205: Beyond the Broken Heart Group “Beyond the Broken Heart” grief support group this fall, led by Julie Yarbrough, author and HPUMC church member. In a warm community of caring, together we will explore some of the practical issues of grief and discuss strategies for coping with everyday life. Through the wisdom of Scripture, the group will offer comfort and encouragement for the journey through grief and hope for life beyond grief. Tuesdays, February 13–March 19, 2024 6–7:30 pm, Room 210/211 Cost: \$15, scholarships are available Register by: Friday, Feb 9 Register- <https://www.hpumc.org/events/beyond-the-broken-heart-2>

Preston Hollow Presbyterian Church “Good Grief” Led by Rev Mark Brainerd and Mahlon Hight (Director of Congregational Care.)- all materials are provided. IN PERSON GROUP at Preston Hollow Presbyterian Church 9800 Preston Rd. Dallas TX 75230 214.368.6348 ext.118 Sign up is required at www.phpc.org/care or <https://prestonhollow.wufoo.com/forms/sn6vuhf0f2k891/> The next 6 week session begins Tuesday, May 21 at 6:30 – 8:00 pm . in the church parlor. The cost is \$20 and scholarships are available. Faith based, but all are welcome and any grief is acceptable.

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Cancer Support Community CANCER-related loss Living with Loss is an ongoing support group for adults whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss. There are three locations in DFW: Dallas, Plano and Ft Worth. If you are interested in joining a support group, please email info@cancersupporttexas.org to learn more about current groups meeting in person in Dallas and Ft Worth as well as virtual groups. They, also, have 6-week groups quarterly groups and children's groups at times, too. Please call for updated information. www.cancersupporttexas.org Short term Individual counseling is provided to bereaved members at no cost. Dallas 214-345-8230 at 8196 Walnut Hill Lane LL10, Dallas TX 75231

- Bimonthly Living with Loss Support Group for Adults who have been impacted by a loss due to cancer. One active grief support group meets at the Dallas location the first and third Mondays of every month 6:00-8:00 PM. A second active grief support group meets the second and fourth Mondays at 12- 2 PM at the Dallas location. (Please call ahead for an intake appointment for this free group)
- Ft Worth 682-212-5400 at 10840 Texas Health Trail Suite 120 Ft Worth TX 76244 Bimonthly group for adults impacted by a loss due to cancer. Meets out of our Tarrant County location on the second and fourth Thursday of each month 5:00-6:30 PM. Call for info and an intake appointment for this free group)
- For metroplex: ** Also there will be a VIRTUAL cancer related grief support group beginning Feb 26 Monday at 6-8 PM and will meet every other Monday for 6 sessions. (ZOOM) Please call for info and intake appointment 214-345-8230 or email info@cancersupporttexas.org

Mesquite Grief Recovery group, led by Ila Dennis, is available to anyone who has lost a loved one to death. It meets second Mondays at 2-3 pm at St Marks Methodist Church Mesquite 3117 Motley Dr. Mesquite, TX 75150. Call 972-279-8042 for additional information and/or check the website calendar for schedule updates. www.stmarksmesquite.church IN PERSON

Lighthouse for New Hope (Christian) Groups for adults (serve also families with children- see children grief section). 2717 Motley Dr., Mesquite, TX 972-226-3110 info@LighthouseForNewHope.org <http://www.lighthousefornewhope.org>
In person group for adults <https://lighthousefornewhope.org/about-our-groups.html>

Military Families: TAPS – Grief as well as Tragedy Assistance Program for Survivors – taps.org – Providing Compassionate Care to all those grieving the death of a military loved one (active or retired). Grief Counseling, Groups and Grief Webinars. 800.959.TAPS (8277) www.taps.org

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Grief Share (Christian) www.griefshare.org – A faith-based grief program that uses video lessons and discussion groups. Many of its groups are online; check their website to find ones near you. www.griefshare.org GriefShare (many locations, search by zip code) offered by many churches nationwide, evangelical Christian perspective. Group finder: <http://www.griefshare.org>, or call 800-395-5755 **Call to check which groups are meeting virtual or at a location These are just a few:

- GriefShare –Chase Oaks Church Plano This group will meet Thursdays Feb. 8th – May 9th from 7:00 pm – 8:30 pm at the Chase Oaks Legacy Campus 281 Legacy Drive Plano TX 75025. It is \$20 (includes workbook) and can register for the group here: <https://www.chaseoaks.org/groups> Childcare is available for \$6 per child each week, we only charge for the first three children in each family so the fourth+ one is free, registration required. Shanda Gunter Care Pastor 972-783-8800 <https://www.griefshare.org>
- Grief Share Online by ZOOM (Lovers Lane United Methodist Church) Ongoing open Zoom groups throughout the year 1st and 3rd Wednesdays at 6:30 p.m. Contact Dawn Anderson, danderson@llumc.org or 214.706.9639 or sign up at griefshare.org
- GriefShare Prestonwood Baptist Church 6801 W. Park Blvd, Plano, TX 75093
- Tuesdays, 6:30–8:00 p.m. Prayer Tower February 6 – May 7, 2024
- If you have experienced the loss of a loved one through death, this workshop will help turn your grief and mourning to joy. Workbook is \$24.99 in Prestonwood Book store To register, email liferecovery@prestonwood.org or call 972-820-5308
- GriefShare Carrollton group begins Jan 17-Apr. 24. Wednesday nights 6:30-8:30 pm at First Methodist Carrollton, 2201 Hebron Parkway, Carrollton, TX 75010. In Person group. Meeting in Room 228. Facilitator: Joanne Pryor-Carter. Cell 214-418- 6273. Email: drjpcarter@aol.com. Christian-based, but all faiths are welcome. There is a \$20 charge for the workbook, but scholarships are also available. Registration can be done at firstchurch.net or GriefShare.org
- Gateway Church, 700 Blessed Way, Southlake, TX 76092, Monday nights
- February 17 to May 27,2024 at 6:30 to 8:30 pm. Not meeting some nights due to church activities. Contact person Amy Wesley,amy.wesley@gatewaystaff.com 817.552.7314 Cost \$20 for workbook.

L.I.F.T. Luncheon -a relaxed social group helping widows, widowers and seniors residing alone adjust and thrive by providing hope to reinforce a sense of wholeness and purpose in those who may be feeling lost or isolated. Join us in person once a month and enjoy a lunch, conversation, speakers, and door prizes as you mingle with new and old friends. Luncheons are held in various areas:

- Collin County/North Dallas Area on the third Tuesday of each month (Feb 20, Mar 19, Apr 17, May 21, Jun 19, July 17) at Outback Steakhouse 1509 N. Central Expressway Plano RSVPs are due the Friday BEFORE the event by contacting Penny Nelson 972-407-6070 or Penny.Nelson@DignityMemorial.com
- Mesquite/East Dallas Area - second Tuesday of the month (Feb 13, Mar 12, Apr 9, May 14, Jun 11, Jul 9) at 10:30 am at Grove Hill Funeral Home, 3920 Samuell Blvd, Dallas, TX. Contact Mary Powell for information and reservations: Mary.Powell@DignityMemorial.com or by phone 214-388-8887.
- Ft Worth Area- Meeting now at various dates and times. Contact Deborah Canty for more information and reservations. Deborah.Canty@DignityMemorial.com or by calling 817-680-1588.

S .Link to 2 recordings by Barb Petsel LPC, FT, RN

Link to a recorded hour talk on Grief given to First Presbyterian Church- downtown Dallas by Barb Petsel LPC, FT on Rising from the Ashes of Grief talk Here is the link

<https://www.youtube.com/watch?v=fQOO78xg8Ew>

Link for a podcast on grief by Barb Petsel LPC, FT, RN) interview by Gopan Pillai - Gopan Pillai, who is a Psychiatric Nurse Practitioner interviewed her in an auditory podcast on grief. She shares what she has learned from her dear patients, clients, groups and personal experiences. Here is the link:

<https://www.spreaker.com/episode/51986417>

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WIDOWS & WIDOWERS/LOSS of SPOUSE:

VITAS ZOOM Spousal Loss: Mondays 12-1 Starts Jan. 22, 2024 Call 844.849.8067

The Widows Journey <https://www.thewidowsjourney.org> Dallas organization for widows that holds support meetings online and educational meetings in person Virtual and in person Info@thewidowsjourney.org

Grief and Loss Center of North Texas

Adult Groups–Need to call for an intake appointment first. All virtual, monthly groups through ZOOM: Young Adult Spouse/Partner Loss Group (up to age 50ish), Spouse Partner Loss Group (50 and older), www.mygriefandloss.org Contact info: Contact Gail at the Grief and Loss Center at 214-452-3105, Registration: By phone - appointment made through calling 214-452-3105

- An intake by phone is required before attending our groups, Not faith-based, free

1. Our Spouse/Partner Loss Group is a welcoming and encouraging group for **adults 50 and older** who have experienced the death of a life partner. (If you are 49 or younger, please see our Young Adult Spouse/Partner Loss Group below.) An information/registration meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks.

Widowed Persons Support Group

Dallas County Grief Support Groups, social activities, newsletter 214-358-4155 www.widowedpersonsDallas.org

1. The Widowed Persons Support Group offers a free 6-week grief support program specifically designed for persons widowed in the last several years and a free 4-week advanced grief support program specifically designed for those with longer losses. These sessions are designed to address grief in a confidential and respectful manner. We offer these sessions three to four times per year. The next grief support group meets 2 to 4 p.m. for 6 consecutive Sundays, FEBRUARY 11 through MARCH 17, 2024, near Central Expressway and Walnut Hill Lane in Dallas. Participants should register and plan to attend all 6 meetings. To register call the Widowed Persons office at 214-358-4155 and leave a message for a returned call. Our Grief Facilitator is an excellent, qualified, professional Counselor, who is also a widow, and who has years of experience in Grief Counseling.

Widowed Persons Service of Tarrant County Grief support groups, social activities, newsletters <http://wpstc.org/> 817-551-2922 wpstc@att.net

Widows (and Widowers) Helping Widows (and Widowers) www.widowshelpingwidows.org Widows Helping Widows currently holds bi-monthly support group meetings in the north Dallas area (Frisco, TX./Plano, TX.) for widows and widowers who live all over the DFW metro-plex.

TWINLESS TWINS

Twin-less Twins Support Group International www.twinlesstwins.org Judith Olson judithaolson@gmail.com 214-908-2536 personal cell

YOUNG ADULT GROUPS

Actively Moving Forward- a national network of young adults, ages 18-30, supporting young adults who are grieving a death or their person's diagnosis of a terminal illness. (Also college aged grief group on line)

site: <https://healgrief.org/actively-moving-forward/young-adult-grief/>

The Dinner Party, <https://www.thedinnerparty.org/>, has virtual tables and Support, (Check to see if in-person or virtual) For- young people age 21 to 45 who have experienced a loss of family member or close friend. . As of February 11, 2022, The Dinner Party continues to meet exclusively in virtual settings only— this includes all gatherings, tables, and community-wide events. By signing up for and/or joining any of these events, you understand that all gatherings you will be attending are virtual until further notice. No events will be hosted in-person for the foreseeable future.

Grief and Loss Center of North Texas

1. **YOUNG ADULT GROUP** Our Young Adult Group is designed for **high school graduates through 35-year-olds** who have experienced the death of a loved one other than a spouse/partner or child. An information/registration meeting is required before attending. To schedule your appointment, please call Gail 214-452-3105. <https://mygriefandloss.org/resources> N. TX Center for Grief and Loss, not religious, free 4316 Abrams Rd, 2nd Floor (north end),

Dallas, TX 75214.

Phone: 214-452-3105 Email: hope@mygriefandloss.org

GRIEF AND LOSS CENTER OF NORTH TEXAS

2. **YOUNG ADULT SPOUSE/PARTNER LOSS GROUP** The Young Adult Spouse/Partner Loss Group is designed for adults aged 49 and younger who have experienced the death of their life partner. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. GRIEF AND LOSS CENTER OF NORTH TEXAS

Phone: 214-452-3105 Email: hope@mygriefandloss.org

SUICIDE RELATED GRIEF

First United Methodist Church Richardson 2 specialized groups for suicide loss grief support: 1 a monthly open group 2 a consecutive-week group that requires registration For info: Terri1913@gmail.com or 214-797-3511 and go to <https://www.fumcr.com/sos>

Monthly "open" group- No registration Meets 2nd TUESDAY of each month at 6:30-8:30 pm (In person) (continuously Sept-June) First United Methodist Church, Room 213, 503 N Central Expressway, Richardson, TX 75080 Contact Terri Hartman at terri1913@gmail.com www.fumcr.com/pol

First United Methodist Church Richardson Members range from a loss to suicide death from one to many months ago. The grief of losing someone to suicide is an intense feeling and often hard to describe to someone who has not had a suicide related death. This is for people age 18+ please Class size not limited, no fee, no registration info-. [8-Week "Closed" Suicide Loss Support Group](#) ("closed " means come to all sessions and register) Class is limited to 10 participants

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Next session will be fall 2024: Thursdays, 8-week session: Thur, Sept 12- Oct 31, 2024, 6:30-8:30 pm, Room 213
Family and friends who are experiencing grief and loss after the suicide of a loved one are invited to participate.
Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Dr. Alan Wolfelt will be the primary reference. No one should have to experience the death of a loved one to suicide, but we have. It is suggested that participants have at least 3 months from their date of loss. The group is appropriate for ages 19 and older. Class size is limited to 10 participants. There is no fee. The group will be open for new participants the first two meetings and then will be closed, not admitting new people. Questions about either group?
Contact Terri Hartman at terri1913@gmail.com or 214.797.3511 First Methodist Church Richardson

Christian Survivors of Suicide Loss: LOCATIONS AND DATES Please check in with facilitators to verify Zoom versus in person groups. Groups led by survivors of suicide loss. Info also available at <https://afsp.org/find-support/ive-lost-someone/find-a-support-group/> or <https://afsp.org/find-a-support-group/>

Christian Survivors of Suicide Loss (CSOSL) Zoom Support Group:
"Original" group meets on 2nd and 4th Thursdays at 6:30 p.m. on Zoom, year-round.
The group also meets in person once a month in Dallas for brunch. Contact Dawn Anderson, danderson@llumc.org or 214.706.9639 (Lovers Lane United Methodist Church)

ZOOM The Christian Survivors of Suicide Loss (CSOSL) grief support group, led by suicide loss survivor Shirley Weddle of St Marks UMC meets every 3rd Tuesday from 6:30 – 8:30 pm via Zoom. This ongoing support group is for those who have lost someone to suicide. We tell our stories, support each other, and discuss a different topic related to suicide grief each time we meet. This group is "open," which means that new members may join at any time. For additional information and to receive the Zoom link, contact Shirley Weddle at swbrainhealth@gmail.com or call 972-890-7227 and leave a message

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DALLAS 2nd and 4th WEDNESDAY of each month from 6:30-8:00 pm (In-person) First Baptist Church of Dallas, 1707 San Jacinto, Dallas, TX 75201 Worship Center 2nd floor, Family Room Facilitators: Tony and Kathy Thompson, Pam Green (csosldallas@gmail.com) www.firstdallas.org

Military Families: TAPS – Grief as well as Tragedy Assistance Program for Survivors – taps.org – Providing Compassionate Care to all those grieving the death of a military loved one (active or retired). Grief Counseling, Groups and Grief Webinars. 800.959.TAPS (8277) www.taps.org

Suicide and Crisis Center of North Texas www.sccenter.org/programs-and-services/survivors-of-suicide
Grief and Loss Center of North Texas

Our Suicide Loss Group is designed for adults who have experienced the suicide death of a loved one. An intake phone meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Grief and Loss Center of North Texas
Phone: 214-452-3105 [Email: hope@mygriefandloss.org](mailto:hope@mygriefandloss.org)

Child Loss by Suicide

Our Child Loss by Suicide Group is designed for parents who have experienced the suicide death of a child of any age. An intake phone meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214.
Phone: 214-452-3105 Email: hope@mygriefandloss.org
GRIEF AND LOSS CENTER OF NORTH TEXAS

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SPANISH SPEAKING GRIEF SUPPORT

A. Vitas Hospice Dallas-Forth Worth - Zoom Grief Support groups www.vitas.com/supportgroups ** Open Nationwide to everyone. Spanish Zoom Support Group every Wednesday at 7pm Grupo de Apoyo General para Hispanoparlantes: Wednesdays 7 p.m. CT For info: Alberto.Magana@vitas.com 214-424-5600

B. Journey of Hope Grief Support Center- Call 972-964-1600 for intake. www.johgriefsupport.org — [Journey offers Spanish speaking groups at our Plano location ONLY, at this time](#)

C. MEND Spanish Group - MEND: Mommies Enduring Neonatal Death Miscarriage, stillbirth, infant loss. Also provides support for infertility and subsequent pregnancies after loss, Spanish Facebook group <https://www.facebook.com/groups/MENDenEspanol/> (Also they will arrange for an interpreter if they know ahead someone is coming to the group who speaks only Spanish) Rebekah Mitchell www.MEND.org

D. Camp Sol (www.campsol.org) Bereavement Camp

Camp Sol Weekend Retreat (<http://www.childrens.com/campsol>)

The Children's Health Bereavement Care Program will be hosting Camp Sol weekend retreats on March 8-10, 2024 and October 4-6, 2024 at Camp John Marc in Meridian, Texas. Camp Sol (www.childrens.com/campsol) is open to families who have experienced the death of a child and have remaining siblings under the age of 19 living in the home. Camp Sol registration will be open approximately 6 weeks prior to the event. To register or receive information about other upcoming events, go to www.childrens.com/griefsupportform. For questions or to get more information about the Children's Health Bereavement Care Program, please call 214-456-3555 or email griefsupport@childrens.com. English and Spanish services are provided, and all services are provided with no cost to families.

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LOSS of PREGNANCY or INFANT

MEND: Mommies Enduring Neonatal Death Miscarriage, stillbirth, infant loss. Also provides support for infertility and subsequent pregnancies after loss, Also support for DADS www.mend.org

2nd Thursday - Main Dallas/Fort Worth Support Group (Irving) 7:30 PM

Meeting Location: Irving Archives Museum 801 W Irving Blvd Irving, TX 75060 Questions? Contact Rebekah Mitchell at rebekah@mend.org.

1st Wednesday - Satellite Support Group (Rowlett) 7:00 PM Meeting Location: Veterans Resource & Outreach Center 4201 Industrial Blvd. Irving TX 75060 Questions? Contact Terri Nymeyer at Terri@mend.org

2nd Thursday - Quarterly Daddy's Group **MEETS

QUARTERLY (MARCH, JUNE, SEPT, DEC) 7:30 PM Meeting

Location: Irving Achieves Museum 801 W. Irving Blvd, Irving TX 75060 Men grieve differently than women. This group provides dads the opportunity to meet and share the emotions and challenges they are experiencing after the death of their baby. This group is led by Byron Mitchell; for more information, contact Rebekah Mitchell at rebekah@mend.org.

ONLINE SUPPORT 3rd Thursday - Nationwide Online Support Group 8:00 PM CST Meeting Location: Online through Zoom Don't live near a chapter of M.E.N.D.? We offer an online nationwide support group to serve families who do not live near a physical chapter or for those who want to connect between in-person groups. This group meets from the comfort of your home through the online platform ZOOM. The Zoom ID is: 979 5869 8575 or click the link at MEND.org to gain access to the portal. Those interested in attending the Online Group should complete the [Info Sheet](#) prior to joining. Contact Mallory Gallagher for questions at mallory@mend.org.

3rd Monday- Men of M.E.N.D. 8:00 PM CST Meeting Location:

Online through Zoom, We recognize men and women grieve differently. A grieving dad may feel the need to connect and share with other grieving dads and this is a safe place to gather. This is a nationwide support group focused on supporting dad's navigate the loss of a baby through miscarriage, stillbirth and infant death. This group meets through the online platform ZOOM. The Zoom ID is: 912 2894 1981. Click the link at MEND.org to gain access to the portal Contact Matt McGhee for questions at matt@mend.org

Pregnancy After Loss Support 4th Tuesday -7:30 CST ZOOM

After a loss, the thought of becoming pregnant again, or being pregnant again, can be scary. The journey through a subsequent pregnancy is full of ups and downs and we are here to walk that journey with you. If you are considering becoming or are currently pregnant after a loss, this group is for you. This group meets through the online platform ZOOM. The Zoom ID: 954 40797992 or click this [LINK](#) to gain access to the portal. For information, contact Marisa Perry at marisa@mend.org.

SHARE, Pregnancy and Infant Loss Support <https://nationalshare.org/>

VIII. LOSS of CHILD

Forever Moms: Child Loss Support Group (in person, hosted by Highland Park United Methodist Church, in the Cox Parlor Dallas) This is a peer led ongoing support group for those who have experienced the death of a child of any age. Participants are invited to share their stories and experiences of loss within a confidential and nurturing group. Second Wednesdays, 12:00 -1 p.m. To sign up: Contact Rev. Camille May, 214.523.2243. mayc@hpumc.org

Compassionate Friends www.compassionatefriends.org

2024 Grief Resources updated 1-26-24

Grief and Loss Center of North Texas

Child Loss Group

FOR PARENTS OF OLDER CHILDREN THROUGH

ADULTS Our Child Loss Group for Parents is designed for adults who have experienced the death of an older child through an adult child. (We have a separate group for senior adult mothers who have experienced the death of an older adult child. We also have a separate group for parents who have lost a child to suicide or homicide.) An intake phone meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks. (We are sorry that we don't have an Infant Loss or Young Child Loss Group at this time.) 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Phone: 214-452-3105 [Email: hope@mygriefandloss.org](mailto:hope@mygriefandloss.org)

SENIOR ADULT MOM'S GROUP

Our Sr. Adult Mom's Group is designed for senior adult mothers who have experienced the death of an older adult child. An intake phone meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Phone: 214-452-3105 [Email: hope@mygriefandloss.org](mailto:hope@mygriefandloss.org)

2024 Grief Resources updated 1-26-24

SUPPORT FOR CHILDREN and TEENS and THEIR FAMILIES

Journey of Hope Grief Support Center- Ongoing in-person group support for children and teens (4-18 yrs.) and their families experiencing a death loss. Must have a child or teen in the program- (grief groups in the evening-free-nonprofit) Call 972-964-1600 for intake www.johgriefsupport.org Groups are in-person and meet in Frisco (2 Wednesdays per month) and Plano (2 Thursdays per month). Journey is open to all regardless of religion, race, creed, or sexual orientation. JOH also offers a Spanish- speaking group in Plano. JOH specifically does not have a young adult group at this time but would be willing to open one as the need grows. Young adults between the ages of 18-27 can join the program though and attend an adult group depending on their loss type

Broken Halos- SHIFT is a kids grief support program that uses age-appropriate lessons and activities to help participants explore their grief and God's promises regarding comfort, healing, hope and eternity. Where: Broken Halos Haven, Old Town Lewisville When: Sundays, 4-5:30pm Requirements for Spring 2024 session: Participant is a child in grades 1st through 12th who has lost a parent due to death. Fee: \$20 (covers cost of lesson book and supplies)

Children's Hospital -Bereavement Care:214-456-3555 griefsupport@childrens.com

Lisa Jones- Program manager Lisa.jones@childrens.com

Lesley Lingnell Bereavement Specialist Lesley.lingnell@childrens.com

Alice Johnson -Bereavement Specialist Alice.johnson@childrens.com

Danny Ross – Bereavement Specialist Danny.ross@childrens.com

Jennifer Maness- Bereavement Specialist Jennifer.maness@childrens.com

Bereavement Camp (www.childrens.com)

The Children's Health Bereavement Care Program will be hosting Camp Sol weekend retreats on March 8-10, 2024. Camp Sol (www.childrens.com/campsol) is open to families who have experienced the death of a child and have remaining siblings under the age of 19 living in the home. To join the Children's Health Bereavement Care Mailing List in order to receive information about registering for the next Camp Sol, please fill out the form at childrens.com/griefsupportform. For questions or to get more information about the Children's Health Bereavement Care Program, please call 214-456-3555 or email griefsupport@childrens.com. English and Spanish services are provided, and all services are provided with no cost to families. Location: Camp Jon Marc in Meridian TX. Families must provide their own transportation to camp. visit <https://www.youtube.com/@campsol4450>

Registration is required. For more information, please call 214-456-2870

GRIEF AND LOSS CENTER OF NORTH TEXAS,

The Grief & Loss Center is committed to providing no cost grief support to kindergartners through high school seniors through monthly in person groups. Families from our community and other parts of the metroplex turn to SAM's (Same As Me) to find the emotional support they need after the death of someone special in their lives. If your child is in need of support, please [contact us](#) today at 214-452-3105. We can help you and your children begin the journey toward healing. Individual sessions may be available to children and teens in some cases. These sessions are provided according to our availability and the needs of the child/teen. 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214. Phone: 214-452-3105 Email: hope@mygriefandloss.org

Lighthouse for New Hope Mesquite (Christian) In person groups for families with children (3 groups for children ages 5-18 yrs.) 2717 Motley Dr., Mesquite, TX 972- 226-3110 info@LightHouseForNewHope.org Meet for 14 weeks in Fall and spring, and for 8 weeks in summer. Free. Have age specific and appropriate curriculum. Parents or guardians of participating children can enroll in their own support group that meets at the same time as their children. Must enroll in order to participate in a group

2024 Grief Resources updated 1-26-24

The Warm Place Ft Worth 817-870-2272 www.thewarmplace.org Location 809 Lipscomb St Ft Worth TX 76104

Christian Works for Children Dallas- 5440 Harvest Hill Rd #140, Dallas, TX 75230 Call for info. Phone: [\(972\) 960-9981](tel:9729609981)

LOSS OF PARENT

Motherless Daughters Support Group- Free monthly support group meets via ZOOM the first Thursday of each month from 11:30-12:30 CST. Please email christy@sagecounseling-hope.com for the link.

Three Oaks Hospice IN PERSON Support Group Monthly the second Wednesday of each month through June 2024 at 2:00 to 3:30 PM Three Oaks Hospice 331 Melrose Dr, Ste 230 Richardson TX 75080 To join call Aimee Siulte at 214-628- 9090 or email asiulte@threeoakshospice.com. Additional groups are being planned virtually on Zoom and in person in Richardson and Waxahachie, TX. Call or Email Aimee Siulte for details

Broken Halos- SHIFT is a kids grief support program that uses age-appropriate lessons and activities to help participants explore their grief and God's promises regarding comfort, healing, hope and eternity. Where: Broken Halos Haven, Old Town Lewisville When: Sundays, 4-5:30pm Requirements for Spring 2024 Session: Participant is a child in grades 1st through 12th who has lost a parent due to death. Fee: \$20 (covers cost of lesson book and supplies)

VITAS Upcoming 6-Week Parental Loss Support Groups held weekly for 12 weeks on Zoom for 60 minutes per session:: Mondays Starts Feb 5 at 5:30 CST <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups> ZOOM group

2024 Grief Resources updated 1-26-24

LGBTQ

A. Vitas Hospice 877.792.8069

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>

LGBTQ+ and Grief: Tuesdays (6:30 pm ET / 5:30 pm CT / 3:30 pm PT) ZOOM for 60 minutes 844.849.8067

HOMICIDE LOSS

A. Grief and Loss Center of North Texas HOMICIDE LOSS GROUP

Our Homicide Loss Group is designed for adults who have experienced the homicide death of a loved one of any age. An intake phone meeting is required before attending. To schedule your appointment, please call 214-452-3105. Please be aware that the wait for the next available appointment may be two or three weeks 4316 Abrams Rd, 2nd Floor (north end), Dallas, TX 75214.

Phone: 214-452-3105 Email: hope@mygriefandloss.org

IX. **PET LOSS SPCA** of Texas Telephone Counseling Telephone counseling at 214-461-5131

** If there are errors or additions please contact Barb Petsel LPC, FT, RN (retired) so that we keep info current.
Thank-you! barb@barbpetsel.com

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