

## 2024 Grief Resources updated 1-26-24

*\*\*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, please note: **more than one category might apply to your loss**, so **look at the WHOLE LIST** of categories. Thank you!*

### CATEGORIES

- |  |  |
|--|--|
| I. Adult Grief Support (Gen.)<br>Groups, Talks, Events, etc. | VIII. Loss of Child                                |
| II. Loss of Spouse/Widows and<br>Widowers                    | IX. Support for Children/Teens &<br>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                             |  |

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

A. **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.*

##### 1. In-Person Grief Support

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

##### 2. Online Grief Support (on Zoom)

a. ***Lunchtime Grief Support*** 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=ZEhtajhrbEtCSkpNRmdKajkyUXZ1QT09>  
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](mailto:rafferts@vnatexas.org), 972-215-6128.

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### 3. **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](mailto: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.

**B. 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](http://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](mailto:hope@mygriefandloss.org)

### **C. Christ United Methodist Church (Plano)**

1. **Monthly grief support** continues on the **3<sup>rd</sup> Mondays** at 7 PM in room N154 in-person Contact group facilitator for spring group-Margie Crews for info [mccrews2@tx.rr.com](mailto: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

2. **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>

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**D. 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.

**E. 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 11<sup>th</sup>, July 11<sup>th</sup>, and October 10<sup>th</sup>. "*Handling the Holidays*" is a one-day grief seminar offered on Saturday, November 9<sup>th</sup>, 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](mailto:jeanettet@tmumc.org) to register or for more information.

**F. 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@threeoakhospice.com](mailto:asiulte@threeoakhospice.com). Additional groups are being planned virtually on Zoom and in person in Richardson and Waxahachie, TX.

**G. 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](mailto:MelissaS@carsonsvillage.org) )

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- H. **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>
- I. **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](http://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.
- J. **Faith and Grief groups**- workshops, groups, weekend retreats- Faith & Grief [www.faithandgrief.org](http://www.faithandgrief.org) | 469-616-1795 | [info@faithandgrief.org](mailto:info@faithandgrief.org) [Shelley@faithandgrief.org](mailto:Shelley@faithandgrief.org) Misc. meetings, are in various locations in metroplex (including downtown Dallas- Monthly support Gatherings, Faith & Grief Workshop, Grief Weekend Retreats in TX (Grief talk. We have a speakers bureau available to speak.) Programs are ongoing **IN PERSON and ZOOM Groups** Locations: **Dallas North, South and Downtown, Plano, Richardson & Irving** Registration [www.faithandgrief.org/events](http://www.faithandgrief.org/events) **Multi faith. Free** (lunchtime meetings offer meals, and evening meetings offer light refreshments) 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/>
- \*Note Downtown Dallas- Faith and Grief Gathering Meets IN PERSON**  
4<sup>th</sup> Wednesday of the month Noon to 1PM. First Presbyterian Downtown Dallas 1835 Young Street Dallas, TX 75201 Complimentary lunch served Registration Requested at [FaithandGriefMinistries.org](http://FaithandGriefMinistries.org) Multifaith Contact: Amy Cannady 214-353-2785
- K. **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

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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](mailto: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](http://www.cancersupporttexas.org) Short term Individual counseling is provided to bereaved members at no cost.

1. **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)
2. **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)
3. **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](mailto:info@cancersupporttexas.org)
- L. **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](http://www.stmarksmesquite.church) **IN PERSON**
- M. **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](mailto:info@LighthouseForNewHope.org) <http://www.lighthousefornewhope.org> In person group for adults <https://lighthousefornewhope.org/about-our-groups.html>

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1. **Lighthouse Adult grief support-** (Christian) 1 hr in the evening, once a week for 14 weeks for Spring and Fall (meets 8 weeks if in the summer)- Free, curriculum guided, (6-8 persons per group) call 972-226-3110 2717 Motley Dr **Mesquite** TX 75250
  2. **Lighthouse Online grief support group-** free,(Christian) Our Light House for New Hope online group meet via Zoom once a week for 14 weeks in Fall and Spring. Serve children ages 8 to 18 years old and adults. The participant has a packet with their book and activities and they need to be picked up before groups start. Each participant online needs to have access to Internet, a device with a camera and microphone, and an email address Call 972-226-3110
- N. Vitas Hospice** 877.792.8069 or 844.849.8067 6 week and 14 week grief support groups <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups> [www.vitas.com](http://www.vitas.com)
1. **Vitas also has a Men's grief support** First Friday 12 noon via phone <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups> 844-849-8067 (1 p.m. ET / **Noon CT** / 10 a.m. PT)
  2. **VITAS General Grief:** Tuesdays (2:30 p.m. ET / **1:30 p.m. CT** / 11:30 a.m. PT) for 12 weeks **Starts Feb. 6** Call 844-849-8067 <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>
- O. Community Healthcare of Texas Grief (CHOT)** For more information, contact us at (800) 958-5014 or [griefcare@chot.org](mailto:griefcare@chot.org) **CHOT- Community Healthcare of Texas** For a complete list of upcoming events, visit <https://www.chot.org/calendar-of-events/>.  
\*Pre-registration is required for all events
1. **Individual Grief Support-** offer short term (2-3 sessions) of individual grief support via **phone, zoom, or in-person** focusing on emotional support, education and coping strategies. Call 800-958-5014 or [griefcare@chot.org](mailto:griefcare@chot.org)
  2. **Finding Your Way After a Death** (Online) Thursday, **Feb 22, 2024** at 6-8 PM Please join us for a night of art expression to discover helpful tips to cope with your grief. We will explore the Japanese art of Kintsugi. This is an ancient art of repairing broken pottery with gold leaf. All artistic abilities are welcome, and

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materials will be sent prior to the workshop. Preregistration is required, and registration for new participants closes on February 12th. To register, contact us at (800)958-5014 OR [griefcare@chot.org](mailto:griefcare@chot.org). A workshop on coping with grief through creative expression

- P. Military Families: TAPS – Grief as well as Tragedy Assistance Program for Survivors** – [taps.org](http://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](http://www.taps.org)
- Q. Grief Share** (Christian) [www.griefshare.org](http://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](http://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:
- 1. GriefShare** –Chase Oaks Church **Plano** This group will meet Thursdays **Feb. 8<sup>th</sup> – May 9<sup>th</sup>** 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>
  - 2. 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](mailto:danderson@llumc.org) or 214.706.9639 or sign up at [griefshare.org](http://griefshare.org)
  - 3. 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](mailto:liferecovery@prestonwood.org) or call 972-820-5308
  - 4. 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: [drijpcarter@aol.com](mailto:drijpcarter@aol.com). Christian-based, but all faiths are welcome. There

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is a \$20 charge for the workbook, but scholarships are also available. Registration can be done at [firstchurch.net](http://firstchurch.net) or [GriefShare.org](http://GriefShare.org)

5. **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](mailto:amy.wesley@gatewaystaff.com) 817.552.7314 Cost \$20 for workbook.

**R, 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:

1. **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](mailto:Penny.Nelson@DignityMemorial.com)
  - i. **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](mailto:Mary.Powell@DignityMemorial.com) or by phone 214-388-8887.
  - ii. **Ft Worth Area**- Meeting now at various dates and times. Contact Deborah Canty for more information and reservations. [Deborah.Canty@DignityMemorial.com](mailto:Deborah.Canty@DignityMemorial.com) or by calling 817-680-1588.

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

1. **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>

2. **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>

II. **WIDOWS & WIDOWERS/LOSS of SPOUSE:**

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

**B. 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](mailto:Info@thewidowsjourney.org)

**C. 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](http://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.

2. **Widowed Persons Support Group Dallas County Grief** Support Groups, social activities, newsletter 214-358-4155 [www.widowedpersonsDallas.org](http://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

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Grief Facilitator is an excellent, qualified, professional Counselor, who is also a widow, and who has years of experience in Grief Counseling.

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

**E. Widows (and Widowers) Helping Widows (and Widowers)**

[www.widowshelpingwidows.org](http://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.

### III. TWINLESS TWINS

**Twin-less Twins Support Group International** [www.twinlesstwins.org](http://www.twinlesstwins.org) Judith Olson [judithaolson@gmail.com](mailto:judithaolson@gmail.com) 214-908-2536 personal cell

### IV. YOUNG ADULT GROUPS

**A. 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/>

**B. 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.

### **C. 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),

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Dallas, TX 75214.

Phone: 214-452-3105 Email: [hope@mygriefandloss.org](mailto:hope@mygriefandloss.org)

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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](mailto:hope@mygriefandloss.org)

### V. SUICIDE RELATED GRIEF

- A. **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](mailto:Terri1913@gmail.com) or 214-797-3511 and go to <https://www.fumcr.com/sos>

1. **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](mailto:terri1913@gmail.com) [www.fumcr.com/pol](http://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-.
2. **. 8-Week "Closed" Suicide Loss Support Group** (“closed “ means come to all sessions and register) Class is limited to 10 participants Next session will be

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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](mailto:terri1913@gmail.com) or 214.797.3511 First Methodist Church Richardson

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**B. 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/>

1. **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](mailto:danderson@llumc.org) or 214.706.9639 (Lovers Lane United Methodist Church)
2. **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](mailto:swbrainhealth@gmail.com) or call 972-890-7227 and leave a message

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3. **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](http://www.firstdallas.org)

**C. Military Families: TAPS – Grief as well as Tragedy Assistance Program for Survivors** – [taps.org](http://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](http://www.taps.org)

**D. Suicide and Crisis Center of North Texas** [www.sccenter.org/programs-and-services/survivors-of-suicide](http://www.sccenter.org/programs-and-services/survivors-of-suicide)

**E. Grief and Loss Center of North Texas**

1. 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)

### 2. **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](mailto:hope@mygriefandloss.org)

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## VI. **SPANISH SPEAKING GRIEF SUPPORT**

- **A. Vitas Hospice** Dallas-Forth Worth - Zoom Grief Support groups [www.vitas.com/supportgroups](http://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](mailto:Alberto.Magana@vitas.com) 214-424-5600

- B. Journey of Hope Grief Support Center**- Call 972-964-1600 for intake. [www.johgriefsupport.org](http://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](http://www.MEND.org)
- D. Camp Sol ([www.campsol.org](http://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](http://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](http://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](mailto:griefsupport@childrens.com). English and **Spanish services are provided**, and all services are provided with no cost to families.
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## **VII. LOSS of PREGNANCY or INFANT**

- A. 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](http://www.mend.org)
1. 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](mailto:rebekah@mend.org).

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2. **1<sup>st</sup> 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
  
3. **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.
  
4. **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.
  
5. **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
  
6. **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

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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](mailto:marisa@mend.org).

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

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### • VIII. LOSS of CHILD

A. **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](mailto:mayc@hpumc.org)*

B. **Compassionate Friends** [www.compassionatefriends.org](http://www.compassionatefriends.org)

### C. Grief and Loss Center of North Texas

1. **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)

## 2.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)

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## IX. SUPPORT FOR CHILDREN and TEENS and THEIR FAMILIES

**A. 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](http://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

**B. 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)

**C. Children's Hospital -Bereavement Care**:214-456-3555 [griefsupport@childrens.com](mailto:griefsupport@childrens.com)

Lisa Jones- Program manager [Lisa.jones@childrens.com](mailto:Lisa.jones@childrens.com)

Lesley Lingnell Bereavement Specialist [Lesley.lingnell@childrens.com](mailto:Lesley.lingnell@childrens.com)

Alice Johnson -Bereavement Specialist [Alice.johnson@childrens.com](mailto:Alice.johnson@childrens.com)

Danny Ross – Bereavement Specialist [Danny.ross@childrens.com](mailto:Danny.ross@childrens.com)

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Jennifer Maness- Bereavement Specialist [Jennifer.maness@childrens.com](mailto:Jennifer.maness@childrens.com)

- **Bereavement Camp ([www.childrens.com](http://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](http://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](http://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](mailto: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 or email

**D.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](mailto:hope@mygriefandloss.org)

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**D. 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](mailto: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

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**E. The Warm Place Ft Worth** 817-870-2272 [www.thewarmplace.org](http://www.thewarmplace.org) Location 809 Lipscomb St Ft Worth TX 76104

**F. Grief and Loss Center of North Texas ADULT GROUPS** –Need to call for an intake appointment Contact info: Contact Gail at the Grief and Loss Center at 214-452-3105, [www.mygriefandloss.org](http://www.mygriefandloss.org) Registration: By phone - appointment made through calling 214-452-3105 - An intake by phone is required before attending our groups, Not faith-based, free

**G. Christian Works for Children Dallas-** 5440 Harvest Hill Rd #140, Dallas, TX 75230 **Call for info. Phone: (972) 960-9981**

## X. **LOSS OF PARENT**

- A. 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](mailto:christy@sagecounseling-hope.com) for the link.
- B. 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](mailto: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
- C. 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)
- D. 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**

XI. 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

XII. 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](mailto:hope@mygriefandloss.org)

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

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\*\* 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](mailto:barb@barbpetsel.com)

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