

**2023 DFW Area Grief Resources
updated 1-14-23**

CATEGORIES

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

I. Adult Grief Support (Gen.) Groups, Talks, Events, etc.

Visiting Nurses 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. Dallas Sue Rafferty rafferts@vnatexas.org

- a. **Lunchtime Grief Support** Lunchtime grief support meetings provide an opportunity to hear a practical program about some aspect of the grief process. They include time for questions and discussion.

Held on **ZOOM** on the *fourth Thursday each month, noon to 1 pm.*

January 26, February 23, March 23. Zoom link:

<https://vnatexas.zoom.us/j/87452747976?pwd=dVImYzdpVGdNenZ6eWlNcnRCM0lXdz09> Meeting ID: 874 5274 7976 Passcode: 486489 Dial-in: 1- 346-248-7799 For information & to RSVP Sue Rafferty, rafferts@vnatexas.org, 972-215-6128.

*For corrections/additions call/email Barb Petsel MS LPC, FT, RN (retired)
214-384-9272 Barb@BarbPetsel.com

- b. **Monthly Grief Support in partnership with Methodist Hospital 'Generations.'** 2nd Mondays at 1-2 pm, February 13, March 13, April 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. **ZOOM**
- c. **Sharing the Journey: Coping With Grief 6 Week group** Wednesdays Feb 1 - March 8, 2023 Held **IN PERSON** in Wells Fargo Bldg. 1420 W. Mockingbird Lane suite 700 Dallas TX 75247 Contact Sue Rafferty to sign up at (972) 215-6128 or rafferts@vnatexas.org

Collin County VNA Susan Bryan – (214) 733-5543, bryans@vnatexas.org

- a. **Grieving Hearts Group (Loss of spouse)** 2nd Tuesdays **IN PERSON** at First United Methodist Church of Allen 301 S. Greenville- Community Room. 10:00 a.m. to 11:15 a.m. RSVP by 3 pm the day before bryans@vnatexas.org 214-733-5543
- b. **NEW TIME: Lunctime Grieving Together Group – Any Death Losses** Join us for sharing, support and discussion about important grief topics 4th Tuesdays – January 24, February 28 – 12 noon - 1 pm Contact Susan Bryan, LPC, to sign up - bryans@vnatexas.org; (214) 733-5543, by 3 pm the day before the meeting to RSVP and get the zoom link

Denton County VNA NEW GROUP: Lunctime Grief Group – Any Death Losses

Join us for sharing, support and discussion about important grief topics 2nd Tuesdays – January 10, February 14, March 14, 12 noon - 1 pm On **ZOOM** – Contact Tabitha Philips, M.Phil., to sign up tabitha.philips@vnatexas.org; (940) 349-5923, by 2 pm the day before the meeting to RSVP and get the zoom link.

Kaufman County VNA

- a. **Grieving Well Workshop** Thursday, March 2 from 1:00-2:30, **IN PERSON** at the Visiting Nurse Association office, 874 Ed Hall Drive, Suite 105, Kaufman, TX 75142 For more information or to register contact Kevin Moore, 214-962–7500, 214-406- 6057, moorek@vnatexas.org
- b. **Sharing the Journey: Coping with Grief** 5 week grief support group. Thursdays, March 30-April 27, 1-3 PM **IN PERSON** at the Visiting Nurse Association office, 874 Ed Hall Drive, Suite 105, Kaufman, TX 75142 For more information or to register contact Kevin Moore, 214-962–7500, 214- 406- 6057, moorek@vnatexas.org

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:

Parent 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

Christ United Methodist Church (Plano)

1. ***Journeying through Grief*** 6 week group grief class/support group Begins March 14, 2023 for 6 weeks at 6:30 PM in room N157. (please register ahead) Free and facilitated by Rev. Mike Flynn and Margie Crews Info mike@cumc.com

Registration info is available soon and will be on our Care Ministries page at cumc.com/care under Grief Support Christ United Methodist Church Plano (Coit & Parker) 3101 Coit Rd Plano TX 75075 participants can purchase the textbook "Understanding Your Grief" by Alan D. Wolfelt at amazon.com. **IN PERSON**

2. **Monthly grief support** continues on the **3rd Mondays** at 7 PM in room N154 in person

Contact group facilitator Margie Crews for info mccrews2@tx.rr.com Christ United Methodist Church 3101 Coit Rd Plano TX 75075 Room N154 religious, free, **IN PERSON**

Fellowship Church Grapevine Campus located at 2450 N Hwy 121, **Grapevine**, Texas 75051,

FC Grief Support begins again **Jan 18, 2023** on Wednesday nights at 7 -8:30 PM. 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.

Trietsch Memorial United Methodist Church 6101 Morriss Rd., **Flower Mound, TX**
972-539-8547 Jeanette Tumino *Admin. Asst. for Caring & Serving Ministries*

Coping with Loss Grief Seminar Thursday evenings (**IN-PERSON**) – Begins **March 30, 2023** for 5 consecutive Thursdays from 7:00 – 8:30pm Seminar is free, but registration is required. 972-539-8547 X 208 or email jeanettet@tmumc.org,

Three Oaks Hospice IN PERSON Support Group Weekly Wednesdays 2/1/23 through 3/22/23 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@threeoakhospice.com

Carson's Village is a 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 one year 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 at 5 pm PST/7 pm CST/8 pm EST. 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 We are offering *Beyond the Broken Heart* and Julie Yarbrough will lead. The dates are February 21 - March 28, 2023 from 6:00pm - 7:30pm. There is no cost, but we do ask participants to register by Feb 17, 2023. Rev. Camille May Director of Pastoral Care mayc@hpumc.org | 214.523.2243 (\$18 for book, but scholarships are available) Link to register: <https://www.hpumc.org/events/beyond-the-broken-heart>

Preston Hollow Presbyterian Church 9800 Preston Rd. Dallas TX 75230 "Good Grief" **IN PERSON GROUP** mhight@phpc.org Mahlon Hight *Director of Congregational Care and Senior Adult Ministry*

Preston Hollow Presbyterian Church | 9800 Preston Road | Dallas, TX 75230 214.368.6348 ext.118 Link to sign up for Good Grief <https://prestonhollow.wufoo.com/forms/rbxo9mb1fc9mnn/> The next 6-week session begins **Tuesday, February 21** at 6:30 p.m. in the church parlor. The cost is \$25 and the link will allow for payment. This helps cover our costs – we supply a notebook, and 3 published books as part of the class. |

Faith & Grief - workshops, groups, weekend retreats - Faith & Grief www.faithandgrief.org
Contact: 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 **Multi faith Free** (lunchtime meetings offer meals, and evening meetings offer light refreshments)

Downtown Dallas- Faith & Grief Gathering Meets IN PERSON 4th Wednesday of the month Noon to 1PM. First Presbyterian Downtown Dallas 1835 Young Street Dallas, TX 75201 Complimentary lunch served Registration Requested at FaithandGrief.org Multifaith Contact: Amy Cannady 214-353-2785

Cancer Support Texas- **CANCER-related loss Living with Loss** is an ongoing support group for people whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss.

If you are interested in joining a support group, please email the Dallas Program at info@cancersupporttexas.org **VIRTUAL and IN-PERSON Groups** They also have 6-week groups quarterly groups and children's groups at times, too. Please call for updated information. www.cancersupporttexas.org

1. COLLIN COUNTY Cancer Support Community- (On the west side of Texas Health Presbyterian Hospital Plano) 6300 W. Parker Rd, MOB 2, Suite 129A **Plano**, TX 75093 972-981-7020 cbolton@cancersupporttexas.org Catherine Nandy MS LMSW – Must call beforehand. Membership is required but free. All services are *free*. Secular organization(To inquire about membership contact program manager)

Virtual and in-person groups:

- a. (Mon) Day Living with Loss Group (virtual via **ZOOM**) 1st & 3rd Monday of the month, 2:00-4:00pm. Ongoing. Open group. 972-981-7020 cbolton@cancersupporttexas.org
- b. Evening Living with Loss Group (**IN PERSON**) 1st & 3rd Wednesday of the month, 6:00-8pm. Ongoing. Open group. 972-981-7020 cbolton@cancersupporttexas.org
- c. Six-week Bereavement workshop starting January 30th ending April 10th. (Virtual via **ZOOM**) Occurs every other Monday. This will be a closed group once the workshop begins. Usually offered quarterly. 972-981-7020 cbolton@cancersupporttexas.org

2. DALLAS COUNTY Cancer Support Community Texas Health Dallas, Cancer Center
8196 Walnut Hill Lane LL10 Dallas, Texas 75231 214-345- 8230

- a. **Living with Loss Group (cancer related death)** 2nd and 4th Mondays 6-8 PM.
Cancer Support Community Clubhouse 8196 Walnut Hill Lane, LL10, Dallas, TX
75231 Contact info: Stephanie Mendez smendez@cancersupporttexas.org
Registration Free- but – required – call 214-345-8230
- b. **Bereavement Workshop** (cancer related death) Starts Monday, January 30 at
6-8pm and ends date – 3/06/23 Contact info: Stephanie Mendez
smendez@cancersupporttexas.org or call 214-345-8230 Free but membership at
CSCNT (free) and registration is required to attend

3. TARRANT COUNTY Cancer Support Community Texas Health Harris Methodist
Hospital Alliance 10840 Texas Health Trail, Suite 120 Fort Worth, TX 76244
682-212-5400 Amber McMeans LMSW amcmeans@cancersupporttexas.org or
info@cancersupporttexas.org

- a. Grief group: Living with Loss -an ongoing support group for people whose loved one has died of cancer. This group focuses on topics related to living with loss and moving forward with life after loss. 1/11/2023 and ends date: 12/13/2023, **IN PERSON** group (not religious) , Location: Cancer Support Community North Texas, 10840 Texas Health Trail, Suite 120, Fort Worth, TX 76244 Contact info: Amber McMeans LMSW amcmeans@cancersupporttexas.org Registration: Free, but a person must be a member of Cancer Support Community North Texas

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 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**

Our Family and Friends Group (ZOOM) s for adults who have experienced the death of a family member or beloved friend. 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 varies <https://mygriefandloss.org/resources>

Vitas Hospice Grief support groups www.vitas.com ** For Ft Worth, Dallas, & Collin Vitas phone numbers or call American Cancer Society 1-800-227- 2345

Lighthouse for New Hope (Christian) Groups for adults (see also in other categories for Spanish groups, groups for families with children). 2717 Motley Dr., Mesquite, TX 972-226-3110 info@LightHouseForNewHope.org <http://www.lighthousefornewhope.org> Currently online and in person

Arlington: First United Methodist Church 313 N. Center St Room 102 Arlington TX 76011
Wednesdays at 1PM **IN PERSON**. Pre-registration is required for ALL events. For info contact dhhaabwh2@gmail.com 817-274-2571

Community Healthcare of Texas Grief (CHOT) Care Calendar January-August 2023 For more information, contact us at (800) 958-5014 or griefcare@chot.org **CHOT- Community Healthcare of Texas** For a complete list of upcoming events, visit <https://www.chot.org/calendar-of-events/>.

1. In-Person Educational Five-Week Support Group For best support, we recommend you attend all sessions.

Community Healthcare of Texas (Bedford at Bedford Public Library June 5-July 10, 2023
Registration closes June 12, 2023 and **Arlington – First United Methodist Church August 22-Sept.19, 2023** Tuesdays 5:30 Registration closes Aug 19, 2023

2. On-line Educational 5 week grief support groups- Community Healthcare of Texas January 16- February 13 2023- Mondays 6 -8 PM (Registration closes on Jan 23, 2023) March 29-April 26, 2023 Wednesdays 11am-1 pm (Registration closes April 5) To register, contact us at (800) 958-5014 or griefcare@chot.org Preregistration is required

3. Ongoing Groups You can join these groups anytime. *Registration required.*

1. In-Person Monthly Drop-In Group Fort Worth: Westmore Senior Living 3rd Wednesday of each month 10:00 am – 11:00 am **January 18, Feb 15, Mar 15, Apr 19, May 17, etc. 2023 (800) 958-5014 or griefcare@chot.org (800) 958-5014 or griefcare@chot.org Community Healthcare of Texas**

2. ONLINE Monthly Drop-in group 2nd Wednesday of each month 9:00- 10:00 am (Feb 8, March 8, April12, May 10, 2023) **(800) 958-5014 org [riefcare@chot.org](mailto:griefcare@chot.org) Community Healthcare of Texas**

4. Finding Your Way After a Death (ONLINE) A workshop on coping with grief through creative expression **(800) 958-5014 or griefcare@chot.org Community Healthcare of Texas**

1. Tuesday Feb 21, 2023 6:00-8:00 (Online)

2. Tuesday, May 23 , 2023 6:00-8:00 pm (Online)

3. Tuesday August 29, 2023 6:00-8:00 Pm (Online)

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

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 groups: GriefShare (many locations, search by zip code) Christian Grief support program 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 (see next pg.)

1. GriefShare – Chase Oaks Church one in spring- none in summer starts February 7th and ends May 9th 2023. This group will meet Tuesday's from 6:30 pm – 8:00 pm at the Chase Oaks Legacy Campus 281 Legacy Drive Plano TX 75025. It is \$20 per person and they can register for the group here: <https://www.chaseoaks.org/groups> registration opens January 20th.

2. Grief Share Online by ZOOM (Lovers Lane United Methodist Church) Ongoing open Zoom groups throughout the year Wednesdays at 6:30 p.m. Contact Dawn Anderson, danderson@llumc.org or 214.706.9639 or sign up at griefshare.org

3. Grief Share Prestonwood Baptist Church patsyhazelett43@gmail.com 972- 626-9727 13 week Griefshare Begin Aug 9, 2022 on second floor W204 and will meet for 13 Tuesdays 6:30-8:30 PM Contact Patsy or go on Prestonwood Bapt. Church website to sign up.
Workbook is \$24.99 at Prestonwood Bookstore

4. Grief Share Carrollton - Wednesday evenings 7:00 – 8:15 p.m Begins 1/25/23 and ends 5/3/23 First Methodist, Carrollton 2201 E. Hebron Parkway Carrollton, Tx 75010 Room 228 Contact info :Joanne Carter, Ed.D., CDP; Cell 214-418- 6273; dripcarter@aol.com; Cindy Palmer, 469-568-240; cpalmer@firstchurch.net Fee :\$20.00 for workbook

5. Grief Share Southlake Campus of Gateway Church, Southlake 700 Blessed Way, Southlake TX 76092 Meets 7:00-8:30 PM Monday nights for 8 weeks **Mondays 7 pm** starting March 6- April 24 2023. For info 817-552-5825 or care@gatewaypeople.com Ron Kramer is the pastor overseeing the program

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: :

- a. **Collin County/North Dallas Area** - on the third Tuesday of each month (**Jan 17, Feb 21, Mar 21, Apr 18, May 16, Jun 20, Jul 18**) at Outback Steakhouse, 1509 N. Central Expressway, Plano. RSVPs due the Friday before the event by calling Steve Harduk Steven.Harduk@DignityMemorial.com or by calling 972-407-6070. For Info call/text Debbie Tull at 214-707-5794

- b. **Frisco/North Collin County Area** - on the second Tuesday of each month (**Jan 10, Feb 14, Mar 14, Apr 11, May 9, Jun 13, Jul 11**) at Stonebriar Funeral Home, 10375 Preston Rd. Frisco TX 75033. Reservations due the Friday before the luncheon. Contact Luisa Cepeda at Luisa.Cepeda@DignityMemorial.com or Lee Becknell at Leora.Becknell@Sci-US.com or by calling 214-705-1789 for details and reservations.
- c. **Mesquite/East Dallas Area** - second Tuesday of the month (**Jan 10, Feb 14, Mar 14, Apr 11, May 9, Jun 13, Jul 11**) 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.
- d. **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.

II. Widows and Widowers/ Loss of Spouse:

A. Grieving Hearts Group (Loss of spouse) 2nd Tuesdays IN **PERSON** at First United Methodist Church of Allen 301 S. Greenville- Community Room. 10:00 a.m. to 11:15 a.m. RSVP by 3 pm the day before bryans@vnatexas.org 214-733-5543

B. The Widows Journey <https://www.thewidowsjourney.org> Dallas organization for widows that holds support meetings online

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 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

D. Three Oaks Hospice Virtual Support Groups at 2:00 -3:00 PM for loss of spouse. To join they can call Aimee Siulte at 214-628-9090 or email asiulte@threeoakshospice.com

LIFT *Check under Section I. Adult Grief Support, Groups, Events, etc.

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

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

III. Twin-Less Twins

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

IV. Young adult groups

- A. **Actively Moving Forward- college students / adults 18-30 yrs. old** web site:
<https://healgrief.org/actively-moving-forward/young-adult-grief/> Virtual groups nationally
- 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. .
- C. **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
- D. **Journey of Hope Grief Support Center-** Call 972-964-1600 for intake,
www.johgriefsupport.org (open to all regardless of religion, race, creed or sexual orientation) JOH *offers also a virtual group* as well as an 18-25 yrs. young adult group. (For the young adult group, you do not need to have a child in the program)

V. Suicide Loss Support

A. **8-Week "Closed" Suicide Loss Support Group** ("closed " means come to all sessions)
Next session: Thursdays, **Jan 19 - Mar 9, 2023**, 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 The grief of losing a loved one to suicide is an intense feeling that is often hard to describe to someone who has not survived a suicide. Often friends and family do not understand how painful a suicide loss can be. 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

B. Christian Survivors of Suicide Loss: LOCATIONS AND DATES as of 2022 June 24.
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/findsupport/ive-lost-someone/find-a-support-group/>

1. **Via ZOOM 1st THURSDAY** of each month from 630-830 pm CST (**Zoom Only**) **Lovers Lane United Methodist Church**, 9200 Inwood Road, Dallas, TX 75220 Facilitator: Rev Dawn Anderson at danderson@llumc.org www.llumc.org *The group also meets in person once a month for brunch
2. **Via ZOOM 3rd TUESDAY** of each month from 630-830 pm CST (**Zoom Only**) **St Marks UMC Mesquite**, 3117 Motley Dr., Mesquite, TX 75150 Facilitator: Shirley Weddle at swbrainhealth@gmail.com www.stmarksmesquite.church 972-890-7227
3. **DALLAS 2nd and 4th WEDNESDAY** of each month from 630-830 pm CST (**In person**) **First Baptist Church of Dallas**, 1707 San Jacinto, Dallas, TX 75201 Facilitators: Lori Crider (golfgirl5225@msn.com) & Pam Greene www.firstdallas.org
4. **RICHARDSON 2nd TUESDAY** of each month at 6:30-8:30 pm CST (In person) (continuously through the year) First **United Methodist Church**, Room 213, 503 N Central Expressway, **Richardson**, TX 75080 Contact Terri Hartman at terri1913@gmail.com www.fumcr.com/pol "Points of Light Ministry"

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 16-adult, at any stage of their grief. Class size not limited, no fee, no registration. For more info www.fumcr.com/caring_grief-suicide-loss
5. **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
6. **Suicide and Crisis Center of North Texas** www.sccenter.org/programs-and-services/survivors-of-suicide
7. **Grief and Loss Center of North Texas** www.mygriefandloss.org **ADULT GROUPS –Need to call for an intake appointment first. All virtual, monthly groups through ZOOM:** Parent Group for Child Loss by Suicide www.mygriefandloss.org Contact info: Contact Gail at the Grief and Loss Center at 214-452- 3105, Registration: By, Not faith-based, free
8. **Educational Talk :** Supporting youth after a suicide death 1/20/2023 | 11:00 a.m.-12:00 p.m. Call 972-964-1600 for details or go to www.johgriefsupport.org

VI. Spanish Speaking Grief Support

- A. Lighthouse for New Hope (Christian) Groups** for adults, Spanish groups, groups for families with children. 2717 Motley Dr., **Mesquite**, TX 972-226-3110 info@LightHouseForNewHope.org <http://www.lighthousefornewhope.org>
Currently online and in person
- B. Journey of Hope Spanish groups**, Call for location if in person or on zoom and for intake 972-964-1600 (person does NOT have to have children or teens in a group to join the Spanish speaking grief group) <http://www.johgriefsupport.org>
- C. Kaufman County VNA- Grupo de Soporte para los que han perdidoha alguien.** Para mas informacion (or to register) Kevin Moore 214-962- 7500, 214-406-6057 moorek@vnatexas.org
- D. 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
- E. Camp Sol** (www.campsol.org) March 3-5, 2023 and October 6-8, 2023 Camp Sol serves families who have experienced the death of a child and have surviving siblings under the age of 18. (They have **Spanish Speaking** group on retreats) Retreats are held for the entire family in March and October at Camp John Marc in Meridian, Texas. Covid vaccinations are required. Registration is required and services are free. For more information, please email griefsupport@childrens.com or call 214-456-2870.

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

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.

2. 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

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 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.

B. Hope Mommies – a nonprofit Christian organization whose sole purpose is to come alongside moms and families who have experienced miscarriage, stillbirth, and/or infant loss- bringing comfort, encouragement, companionship and hope as they continue without their beloved son or daughter. <https://hopemommies.org/> Dallas Texas Chapter (Serving the greater DFW Metroplex) Sam Martin, dallas@hopemommies.org

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

1. North Texas SIDS Info & Counseling Program (SHARE) 500 Harry Hines Blvd., Dallas, TX 75235 Leslie Malone, 214-590-0135.

2. **Bereavement Services (SHARE) Charlton Methodist Hospital** 3500 Wheatland, Dallas, TX 75237, 214-947-7270, Jean Russell, 214- 947-7127

3. **M.I.S.S. (SHARE)** Jan Heffley c/o Denton Community Church, 119 N. Elm, Denton, TX 21629, 940-383-0033/ janjohn83@prodigy.net/www.dentoncommunity.org.

4. **H.O.P.E.S. (Helping Our Parents Experiencing Sorrow) – (SHARE)**
Inger Anderson c/o Harris Methodist Hospital, 1301 Pennsylvania, Fort Worth, TX 76104, 817-882-2092

VIII. Loss of Child

A. Loss of older children through adults- Center for Grief and Loss
www.mygriefandloss.org

B. Forever Moms: Child Loss Support Group (in person, hosted by Highland Park United Methodist Church, Dallas) This is an 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 p.m. *To sign up: Contact Rev. Camille May, 214.523.2243. mayc@hpumc.org* Rev. Camille May

C. Compassionate Friends www.compassionatefriends.org

IX. Support for Children/Teens & 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- *except for Spanish speaking group (grief groups in the evening- free-nonprofit- *Call 972-964-1600 for intake.* www.johgriefsupport.org Groups are in person and meet in Frisco and Plano info@johgriefsupport.org (open to all regardless of religion, race, creed or sexual orientation) JOH *offers also a virtual group* as well as a young adult group.

B. Community Healthcare of Texas (CHOT) online kid (7-12 yrs.) workshop **Experiencing loss through death, divorce, incarceration, etc.** Saturday April 29, 2023 register & info: griefcare@chot.org 800-958-5014

1. Session One (9:45-12:00)
2. Session Two: 1:00-3:15 PM

C. Community Healthcare of Texas (CHOT) Family Movie Night Tuesday July 18, 2023 at 5:00-7:00 PM * Registration closes July 3 2023 register & info: griefcare@chot.org 800-958-5014 Watch the movie with your family and then join us online to discuss the themes of grief in the movie.

D. Camp Sol (www.campsol.org) March 3-5, 2023 and October 6-8, 2023 Camp Sol serves families who have experienced the death of a child and have surviving siblings under the age of 18. Retreats are held for the entire family in March and October at Camp John Marc in Meridian, Texas. Covid vaccinations are required. Registration is required and services are free. For more information, please email griefsupport@childrens.com or call 214-456-2870.

E. Lighthouse for New Hope (Christian) Groups for adults, Spanish groups, groups for families with children. 2717 Motley Dr., Mesquite, TX 972-226-3110
info@LightHouseForNewHope.org <http://www.lighthousefornewhope.org> Currently online and in person

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

G. Grief and Loss Center of North Texas ADULT GROUPS –Need to call for an intake appointment first. All virtual monthly groups through ZOOM:

Various groups: Parent Group for Child Loss, Mom's Group for Sr. Adult moms who have lost an older adult child, Child loss through suicide, 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

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 for the link.

B. Three Oaks Hospice Virtual Support Groups at 12:00-1:00 PM CT for loss of a parent. To join they can call Aimee Siulte at 214-628-9090 or email asiulte@threeoakshospice.com

XI. LGBTQ

A. Online Monthly LGBTQIA+ Drop-In Group A semi-structured group that allows LGBTQIA+ (allies, family, and friends) to connect with others experiencing grief. 3rd Wednesday of each month 4:00 pm – 5:00 pm For more information, contact us at (800) 958-5014 or griefcare@chot.org

B. LGBTQIA+ Loss Support Group Five week Educational Grief Support Group Semi-structured group that allows families, friends and allies in the LGBTQIA community to connect with others experiencing grief (Best to attend all 5 classes) April 20-May 18, 2023 Thursdays 6-8 PM Registration closes April 27, 2023 Register at (800) 958-5014 or griefcare@chot.org

XII Homicide Loss

A. HOMICIDE LOSS GROUP An information/registration meeting is required before attending. To schedule your appointment, please call Gail at 214-452-3105..
<https://mygriefandloss.org/resources>.

All virtual, monthly group through Zoom: An intake by phone is required before attending our groups, Not faith-based, free Please be aware that the wait for the next available appointment may be two or three weeks

XII. Anticipatory Grief

Journey of Hope Grief Support 972-964-1600 www.johgriefsupport.org

XIII. Pet Loss

A. SPCA of Texas Telephone Counseling Telephone counseling at 214- 461-5131

Please note these are collected resources-You will need to call them for further information, as it is not a one-size fits all - I encourage you to 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!

*For corrections/additions call/email Barb Petsel MS LPC, FT, RN (retired) 214-384-9272
Barb@BarbPetsel.com [Page 20 of 20](#)