

Grief Resources Guide



FamilyMeans



 Infants Remembered In Silence, Inc.



St. Paul Communities: (North & NorthEast & West)

Survivor Resources: (Homicide, Suicide or Accident Grief Support Organization) www.survivorresources.org

Executive Director: Margaret McAbee (St. Paul Office) 651-266-5674 / Mobile: 612-961-4770

367 Grove Street, St. Paul, MN 55101

Email: margaret@survivorresources.org

Counselor: Julie Chalmers (Minneapolis Office) 612-673-3951 / Mobile: 612-325-9655

350 S. 5th Street Room 108, Minneapolis, MN 55415

Email: Julie@survivorresources.org

Services Include: No fee for attendance

- Immediate crisis support
- Spiritual support
- Education, training and consultation
- Issues with traumatic death
- Support groups, Adults & Children– Mondays 6:30pm – 8:00pm @ St. Paul location
(Check schedule online)

Family Means: (Support for Families) www.familymeans.org

1875 Northwestern Avenue South, Stillwater, MN 55082

651-439-4840 / 800-327-3203 / Fax: 651-439-4894

Services Include:

- Financial Solutions & education
- Collaborative Divorce
- Counseling & Therapy (Group, Family, Couples & Individual Counseling)
- Help for Caregivers: Breaks & resources
- Youth Programs
- Center for Grief, Loss & Transition

Center for Grief, Loss & Transition: (*A Place for Hope and Healing*) www.griefloss.org

1129 Grand Avenue, St. Paul, MN 55105

651-641-0177 / Fax: 651-641-8635

Email: sscanlon@familymeans.org

Services Include:

- Therapy Services
 - Art Therapy
 - Parent Loss
 - Suicide Survivors
 - Spouse / partner Loss
 - Teen Grief and Loss
- Professional Trainings and Workshops
- Community Crisis and Response

St. John's Hospital-HealthEast: www.healtheast.org/find-a-clasee/event/750-growth-through-grieving.html

Contact: Chaplain Ted Hein 651-232-7397

- Growth through grieving support group: Every Monday 4:00 – 5:30pm @ Maplewood Professional Building, Watson Education Center Suite 202, 1575 Beam Avenue, Maplewood MN 55109
- No registration required and no fee

GriefShare: It hurts to lose someone www.griefshare.org

Email: info@griefshare.org

US & Canada: 800-395-5755 / International: 919-562-2112, Fax: 919-562-2114

Services Include: (*National and International availability*)

- Seminars (*View Topics & Experts online and availability*)
- Support groups (*Find a GriefShare group online by city/state*)

Parents of Suicide (POS)–Friends & Families of Suicide (FFOS):Internet Communities www.pos-ffos.org

Twin Cities Meeting: FFOS meets 3rd Monday every month 7:00 – 9:00pm; 1725 Grand Ave., St. Paul, MN 55105

Contact: Tracy Toner, Peer Facilitator 651-587-8006

Online Services:

- Faces of Suicide
- Suicide Memorial Wall
- Suicide Grief Support Forum
- POS – FFOS Memorial Center & Online Groups
- Suicide Education & Prevention Resources
- Suicide Grief Chat room for Members

Pregnancy and Infant Loss Support Group: <http://wellness.allinahealth.org/events/1738>

United Hospital, 333 North Smith Avenue, Garden View Room 4057 St. Paul, MN 55102

Every other Monday 5:00 – 6:30pm *(Check schedule online)* No fee / Pre-registration is requested

Contact: Annette Klein 651-241-6206

SIDS (Sudden Infant Death Syndrome) Parents Group:

Contact: Susan Mewborn or Kathleen Fernbach 612-813-6285 *(Call for location and dates)*

Location: Groups meet in various locations in the Twin Cities' metropolitan area and Greater Minnesota.

Pregnancy After a Loss Support Group: <http://wellness.allinahealth.org/events/52>

United Hospital, 333 North Smith Avenue, Garden View Room 4057 St. Paul, MN 55102

Every other Monday *(Opposite Mondays of group listed above)* 5:00 – 6:30pm *(Check schedule online)*

No fee / Pre-registration is requested

Contact: Annette Klein 651-241-6206

The Compassionate Friends: Providing grief support after the death of a child www.compassionatefriends.org

Chapter Services Coordinator: Terry Novy

Mail: PO Box 3696, Oak Brook, IL 60522

877-969-0010 / 630-990-0010 / Fax: 630-990-0246

St. Paul Chapter: Beaver Lake Lutheran Church, 2280 Stillwater Ave., Maplewood 651-459-9341 (Kathy)

Ham Lake Chapter: 1st Monday every month 7:30 pm @ Glen Cary Church, 15531 Central Ave NE 651-636-4865

Hutchinson Chapter: 2nd Monday every month 7:00pm @ Oakland Chapel 320-833-2300

Services Include:

- Support groups for Parents, Siblings & Grandparents *(Find a local chapter online)* No fees
- Online Community
- National & Regional Conferences
- Special Events & Calendar available online

Healing Quilt: Offers comfort & support to families after the death of their child

<http://www.childrensmn.org/patientfamily/family-services-a-resources/bereavement-services/bereavement-support-groups>

Contact: Annette Klein 651-241-6206 or Brian Brooks: 612-813-7216 Call to register

2nd & 4th Mondays 5:00 – 6:30pm @ Children's Hospitals and Clinics, 333 N. Smith Ave., St. Paul, MN 55105

(Also available: Subsequent Pregnancy After Loss & Childbirth Education following Pregnancy Loss)

Cambridge Medical Center: Adult Grief Group Series www.allinahealth.org/ahs/cambridge.nfs/

Contact: 763-688-9545 to pre-register for more details, No fee

Eight week series runs 4 times per year, Thursdays 5:30 – 7:00pm @ Cambridge Medical Center,

701 South Dellwood St., Cambridge MN 55008

Hope Day Retreat: Dealing with Loss: <http://kingshouse.com/registration/event-registration/>

Contact: Nancy 763-682-1394

Presented by: Fr. Lon Konold, OMI & Sr. Brends Rose Szegedy

Registration required and Suggestion donation \$40.00 per person (includes lunch) 9:00am – 3:00pm

Offered twice a year @ Christ the King Retreat Center, 621 First Avenue S., Buffalo, MN 55313

Buffalo Grief Support Group: Contact: Sally Fowler 763-684-4838

4th Tuesday of each month, 6:30 – 8:30pm @ Methodist Church, 609 8th St., NW, Buffalo, MN 55313

Monticello Greif Support Group: Contact: 877-969-0010 or 763-295-2000

Monticello Senior Center, 505 Walnut Street, Suite 3 Monticello, MN 55362

1st Monday of each month 2:00 – 3:30pm

Missing GRACE Foundation: MN contact: 763-497-0709 for details www.missinggrace.org

- Support Groups – No fee
(*National, International & Online Groups available as well as events calendar online*)
- Family Services & Events (*check online for details*)

Please call ahead if you will be attending the following:

Coon Rapids: 1st Monday of every month 6:30 – 8:30pm @ Faith Lutheran Church, 11115 Hanson Blvd., Coon Rapids, MN 55443

Facilitators: Candy McVicar & Kara Foner, RN

Rogers: 2nd & 4th Tuesdays of each month 6:30 – 8:30pm @ 21370 John Milless Drive, Rogers, MN

Facilitators: Candy & Stephen McVicar, Bret Deneson

Princeton Grief Group: Fairview Northland Medical Center www.fairview.org/Hospitals/northland/PatientsGuests/SpiritualHealth/

Contact: Jerry Vandrovec 763-389-6405 – *Call to confirm session*

2nd Thursday of the month 12:00 – 1:00pm @ Fairview Northland Hospital, 911 Northland Drive, Room 3B

Princeton, MN 55371

Lakeview Hospital: www.lakeviewhealth.org/chaplain 651-430-4586, Registration is required

- Weathering Life's Losses: Every Thursday 6:00pm – 7:15pm @ Stillwater Medical Group, Lakeview Hospital Campus
- Kids & Teen in Grief: 6-week program ages 5-17, Thursdays 6:00 – 7:15pm @ Boutwells Landing, 5600 Norwich Parkway, Oak Park Heights, MN 55082
- Breast Cancer Support: Patients & Survivors, 2nd & 4th Wednesday each month 3:30-5:00pm @ Stillwater Medical Group, Lakeview Hospital campus

Camp Triumph Chisago City, MN: Fairview Health Services 651-257-8850

Call questions: Karen Campbell 651-257-7815 @ Camp Ojiketa

- Grief camp for kids & teens ages 8-18 who have experienced the death of a parent, sibling or loved one.
- Registration is required

Smile Again Ministries: Contact: 320-310-8877 www.smileagainministries.com

- Smile Again Ministries helps families deal with the grief of losing a child. For the past fourteen years SAM has helped several moms and dads and surviving siblings cope with their grief.
- Whitetail Lodge (Crosslake, MN) is a retreat center for grieving families. This is a safe place to deal with your shattered emotions. A place where healing can begin. **Remember, that it doesn't matter what age your child was when he or she died.**
- We have found the pain suffered by parents is deep no matter how old your child was. So if you've had a child die email us at pat@smileagainministries.com for a registration form

Bradshaw Grief Resource Center: Bradshaw Funeral Home, Twin Cities Metro Area

Contact for support information: 651-489-1349 www.bradshawfuneral.com

Exclusive program offers: No fee for programs but social activities, (*call ahead for information*)

- Limited individual & family counseling
- 6-week informal educational series
- Survivors of suicide support group
- Men's support group
- Various seminars that are helpful to families
- Social Activities to those who have experienced the death of a spouse

Children's Grief Connection: www.childrensgriefconnection.com/hearts_of_hope.php

Phone: 877-226-7632 / Fax: 218-372-8420 / Email: info@childrensgriefconnection.com

Executive Director: Coral Popowitz

Programs:

- Schools – After the Crisis
- Businesses/Organizations
- Speaker Request

Weekend Camps:

- Hearts of Hope Camp (Ages 5-12)
 - Camp GK Bear (grades 1-6) Rice Memorial Hospital, Willmar, MN
Contact: Brenda Wiese 320-231-4714
 - Camp Love Embrace (ages 7-14) Slayton, MN Contact: 507-836-8431 www.camplovesembrace.com
 - Camp Erin (ages 6-17) Fariview Health Services Contact: Lisa Hanson 952-892-2111 www.youthgriefservices.net
 - Camp Journey (ages 7-18) East Gull Lake, MN Contact: Jenni 218-828-2344 http://brainerd.com/camp_journey/
 - Family Grief Retreat @ Allina Hospitals and Clinics, Contact: Alison Chant 651-628-1752
http://www.allinahealth.org/ahs/grief.nsf/page/related_child
- Hearts of Hope Teen Retreat (ages 13-18)
- Family Grief Connection

Day Camps:

- Camp Emily, Lakeland Hospice and Home Care, Inc. Fergus Falls, MN
Contact: Bonnie Wallin 888-820-7885 www.lbhomes.org/
- Camp Oz (ages 3-18) Immanuel St. Joseph's, Mankato, MN
Contact: Diana Carrigan 507-385-2989 or 800-327-3421 www.mayoclinichealthsystem.org/
- Camp Noah, Lutheran Social Services of MN, St. Paul, MN Contact: 800-957-0061
www.lssmn.org/MS-mpNoah/content2col.aspx?pageid=4902&id=8587&terms=camp+noah
- Good Grief Camp (grades 2-12) Season's Hospice, Rochester, MN Contact: 507-285-1930
<http://seasonshospice.org/>
- Whispering Willow, Kasson, MN Contact: Joan Ward 507-251-6768 www.whispering-willow.com/

Shelley Funeral Chapels: Provider of creating healing experiences in the community.

Little Falls, MN 56345 Contact: 320-632-5242 www.shelleyfuneralchapels.com/grief-and-healing/

- Interactive Aftercare
- Live Grief Counseling
- Grief Support Resources
 - Willowgreen: www.centerforloss.com
 - Growth House: www.growthhouse.org
 - GriefNet: www.griefnet.org
 - National Hospice and Palliative Care Organization: www.nhpco.org
- 365 Days of Grief Support

Faith's Lodge: Danbury, WI Contact: Evelyn 715-866-8200 www.faithslodge.org

- Provides a place where parents and families facing illness or death of a child can retreat on the past, renew strength for the present, and build hope for the future.
(Visit website for details on costs and events.)

Allina Health Grief Resources: Grief Support groups and services, 651-628-1752

<http://www.allinahealth.org/ahs/grief.nsf/page/grievingdeathlovedone>

- Listing of Support Groups (primarily for adult grief)
- Multiple Related Services: refer to website for details

Maranatha Season of Grief: 24799 Forest Blvd Room 170 6:30-8:30, Forest Lake 651-464-3131 www.realchurch.org/griefshare

An 8-week class for those who have lost a loved one recently or still trying to move beyond the lost. This is designed to open up conversation about your loved one and how to cope where you are in your grief, and one will learn you are not alone in grief but there are other also grieving. *(Please phone first to confirm dates/times)*

SAVE (Suicide Awareness Voices of Education):

- We suggest that you call before you attend a support group for the first time, to verify that the group is still meeting at the place and time listed. If you reach a recording when calling a support group, identify yourself as a suicide survivor to ensure a prompt reply.
- If you prefer to speak to a suicide survivor rather than attend a support group or if you have further questions, please call save at 1-888-511-SAVE (7283) or 952-946-7998 and leave a message on voice mail. This number is answered during normal business hours and the voice mail box is checked hourly after hours.

(Please phone first to confirm dates/times)

Bemidji: Sandford Bemidji Medical Center, 1300 Anne Street NW, Bemidji, MN
Stephanie Downey - 218-308-8002 or 218-751-4332 or sdowney@evergreenyfs.org
Marcy LaCroix - 218-556-6241
2nd Tuesday of each month, 7-8:30 p.m.

Coon Rapids: Mercy Hospital, 4050 Coon Rapids Blvd. Coon Rapids, MN
Jackie Sandusky or contact Sue Linquist - 763-236-8050
Every Monday, 7-9 p.m.

Duluth: St. Mary's Medical Center, 407 E. 3rd St, Duluth, MN
Ben Wolfe, Frank Davis, Diane Brazill - 218-786-4402 or bwolfe@smdc.org
3rd Mon. monthly, 7-8:30 p.m.

Elk River: Elk River High School, 900 School Street, Rm. 140H, Elk River, MN
Mark and Linda Steinberg - 763-786-2112
2nd & 4th Tuesday of the month, 7-8:30 p.m.

Moorhead: Survivors of Suicide support group for Spanish speakers
614 Rensvold Blvd, Moorhead, MN Martha Castanon- 218-287-4629
Last Wednesday monthly, 6-8 p.m.

Mora: Immanuel Lutheran, 2088 Highway 70, Mora, MN
Pastor Lori Blake - 320-679-2015 3rd Thursday of each month from 7-8:30 p.m.

Princeton: Congregational UCC, 610 1st St, Princeton, MN
Lisa Dentz, 763-670-9850(cell) Every Monday, 7-8:30 p.m.
Child care provided, call first to confirm meeting if it is a holiday.

Sauk Rapids: Suicide Loss Support Group, Center For Life Transitions, 312 2nd Ave. N., Sauk Rapids, MN Lois Rengel - 320-529-0427, lregel@ccstcloud.org 4th Tuesday of the month, 7-8:30 p.m.

Saint Paul: The Center for Grief, Loss and Transition, 1133 Grand Avenue, St. Paul, MN
Karen Heegaard, M.A., L.P., 651-641-0177 cg@griefloss.org
Every Tuesday, 4-6 p.m. \$70/session, insurance accepted

Spicer: Our Lady of the Lakes Catholic Church, 6680 153rd Ave NE, Spicer, MN
Pamela Taylor 320-354-4768 or Janae Rambow 320-354-5182, jerambow@tds.net
Meets the 2nd Tuesday of each month 7-8:30 p.m.

White Bear Lake: Bradshaw Funeral Home, 4600 Greenhaven Dr., White Bear Lake, MN
Tony DelPercio - 651-489-1349, tony.delpercio@bradshawfuneral.com 1st Thursday each month, 7-9 p.m.

Woodbury: East Metro Survivor Group, Woodbury United Methodist Church, 7465 Steepleview Road, Woodbury, MN Chris Caulkins - 651-295-6595 or Mary McGuire - 612-720-5032 2nd Monday each month 6 p.m.

MISS Foundation: www.missfoundation.org/support/groups/minnesota 888-455-6477 / 602-279-6477

Providing C.A.R.E. (Counseling, advocacy, research, and education) services to families experiencing the death of a child. Nationwide support groups & mentors.

- **Alexandria:** First Congregational United Church of Christ, 221 7th Ave. W., Alexandria MN 56360
Email Heidi Ciepielinski heidi.ciepielinski@missfoundation.org or
Trina Charles trina.charles@missfoundation.org,
2nd Tuesday of each month 6:30pm
- **Breckenridge:** Jeanne Putnam Email: jeanne.putnam@missfoundation.org
- **Eagan:** Sarah Burke Email: sarah.burke@missfoundation.org

North Suburban Grief Support Coalition: Growing Through Loss: Support for variety of loss & grief issues.

www.growingthroughloss.org Series runs twice a year, 6:45 – 9:00pm, evenings vary.

Contact: Nancy Jahnke 763-755-5335 *(Call for location and dates)*

Services Include:

- Experiencing:
 - Death of a loved one
 - Broken relationship
 - Divorce or separation
 - Pregnancy or infant loss
 - Job loss or change
 - Move to a new home or city
 - Loved one who needs support
 - Feeling need for support or learning more about grief
- Spring Series: Tuesdays April-May @ Nativity Lutheran Church, 3312 Silver Lake Rd., St. Anthony, MN 55418 / 612-781-2766
Time: 6:45 – 9:00pm (registration, speaker & small groups)
- Fall Series: Thursdays starting 9/11/14 @ Church of St. William in Fridley
- Pre-registration not required
- Childcare is available *(upon request, no later than Monday prior to session)*
- Brochure and information on speakers available online

North Metro Grief Support Coalition: Faith Community Nurse Program sponsors a 6-week series for adults who have experienced a variety of loss or grief; divorce, separation, moving, job loss, etc.

Contact: 763-413-2985 *(Call for location and dates)*

Children's Hospitals and Clinics of Minnesota Groups: Contact: 612-813-6622

St. Paul Campus: 345 North Smith, St. Paul, MN 55102

Family Grief Support Program: twice a month Thursdays 6:30 – 8:00 pm for parents, extended family members & siblings ages 4 to 18.

Daytime Grief Group: Every other Wednesday 10:00 am – 11:30 am. Childcare is available for pre-school children.

Attendees must commit to entire series.

Grief Support Group: St. Charles Borromeo Parish Ctr., 2739 NE Stinson Blvd. St. Anthony, MN

Contact: Christine Shannon 612-781-6529 – *Call ahead to register*, No fee

1st & 3rd Thursday of each month at 3:00 pm – 5:00 pm

Grief Support Group: North Heights Lutheran Church, 1700 W. Highway 6, Arden Hills, MN

Contact: Bud 763-571-1193, Phyllis 651-639-8226 or Alvina 651-483-3609 - *Call ahead to register*, No fee

1st & 3rd Monday or each month 6:00 pm – 8:00 pm

Adult grief education and support program: HealthPartners Hospice of the Lakes offers The Grief Journey, a 4-week adult grief education and support program.

HealthPartners Brooklyn Center Clinic, 6845 Lee Avenue N., Brooklyn Center, MN

One-time registration fee \$20.00, Scholarships available if needed.

Contact: Paul Johnson 952-883-6967 *(Call for dates)*

Grief Journey's for Youth Program: Hospice of the Red River Valley www.hrrv.org/grief/group-and-classes

Main Contact: 800-237-4629 / Crookston, MN: 218-281-9236 / Detroit Lakes, MN: 218-847-9493

Each of our uniquely designed groups provides support and practical suggestions for your grief journey. You may attend a support group or class regardless of whether or not your loved one was served by Hospice of the Red River Valley.

- **Support Groups:** Support groups are provided free of charge and made possible through the generous donations of past participants, churches, business and organizations and grant funds. Registration is not required.
 - **Grief Journeys for Adults** is for individuals 18 and older who have experienced a loss through death.
 - **Grief Journeys for Widows** is for women who have experienced the death of a partner.
 - **Grief Journeys Loss of a Partner** is for men and women who have experienced the death of a partner. Visit our calendar for dates, locations and times.
- **Classes:** Most classes have a nominal fee, and pre-registration is required.
 - **Youth Journeys** is a day filled with activities and support for young people, ages 6 to 18, who have had someone they love die. A portion of the day includes parent/guardian participation. It is offered on a Saturday twice a year in Fargo (usually fall and spring) and in other areas as interest warrants. Click here for our most recent brochure.
 - **Transitions Class: Beyond Widowhood** is for men and women who wish to address the more practical aspects of widowhood. This is an eight-session class and is not intended for those widowed less than one year. It is offered once a year in Fargo in the evenings, usually in the fall and spring. *(Check online for our most recent flyer.)*
 - **Journeying through Grief** is an education series designed for individuals wanting to learn more about their own grief process. This four-week class is for newly grieving individuals, and is offered twice a year in Fargo, typically in April and October, and other areas based on interest. *(Check online for our most recent brochure & calendar).*

Minneapolis Communities: (South & SouthWest & East)

Downtown Coalition for Grief Support: Helping Healing Happen www.mlpsgriefsupport.com 612-317-3454

Contact: Tom Anderson 952-927-7453

- Grief Support holds weekly Saturday meetings are free on open to public 9:30am – 11:30am
Refreshments & Check-in, Educational presentation, Discussion groups
(Check schedule online for dates & location)
 - Hennepin Ave. United Methodist Church, 511 Groveland, Mpls, MN 55403 / 612-871-5303
- Open to all adults
- No RVSP needed, join anytime
- Inclusive of all faiths and backgrounds
- A small weekly donation is gratefully appreciated

Edina Coalition for Grief Support: www.edinagriefsupport.org

Terry Naugle 952-937-5933

Services Include:

- Develop A Program
- Provide An Atmosphere
- Recognize & Recommend
- Supports Groups
- Education
- Thursdays weekly: 4:00 – 6:00pm Registration, hospitality, Speaker & Discussion groups
(Check schedule online for dates & location)
 - Edina Community Lutheran Church, 4113 W. 54th St., Edina, MN 55424 / 952-926-3808
 - Church of St. Patrick, 6820 St. Patrick's Ln, Edina, MN 55439 / 952-941-3164 X113 Patti Brady
 - Good Samaritan United Methodist Church, 5730 Grove Street, Edina, MN 55436 / 952-929-0049
 - Lutheran Church of the Good Shepherd, 4801 France Ave S., Mpls, MN 55410 / 612-927-8849

GriefShare: It hurts to lose someone www.griefshare.org

Email: info@griefshare.org

US & Canada: 800-395-5755 / International: 919-562-2112, Fax: 919-562-2114

Services Include: *(National and International availability)*

- Seminars *(View Topics & Experts online and availability)*
- Support groups *(Find a GriefShare group online by city/state)*

Grief Support Group: www.ridgeviewmedical.org/events 952-442-2191 x6190

- For those experiencing grief or anticipating a loss of someone they care about, NO fee.

2nd & 4th Mondays 7:00pm – 8:30pm @ Ridgeview Medical Center, 500 S. Maple St., Conference Rooms A & B, Waconia, MN 55387

Missing GRACE Foundation: MN contact: 763-497-0709 for details www.missinggrace.org

- Support Groups – no fee
(National, International & Online Groups available as well as events calendar online)
- Family Services & Events *(check online for details)*

Please call ahead if you will be attending the following:

Eagan: Last Friday of the month 6:30 – 8:30pm @ Baby Love, 4590 Scott Trail, Suite 200, Eagan, MN 55423

Email: info@babylovemn.com / 651-200-3343

Allina Health Grief Resources: Grief Support groups and services, 651-628-1752

<http://www.allinahealth.org/ahs/grief.nsf/page/grievingdeathlovedone>

- Listing of Support Groups (primarily for adult grief)
- Multiple Related Services: refer to website for details

The Compassionate Friends: Providing grief support after the death of a child www.compassionatefriends.org

Chapter Services Coordinator: Terry Novy

Mail: PO Box 3696, Oak Brook, IL 60522

877-969-0010 / 630-990-0010 / Fax: 630-990-0246

Minneapolis Chapter: 3rd Monday every month 7:00 – 9:00pm @ Calvary Lutheran Church, 7520 Golden Valley Road, Golden Valley, MN 55427 763-542-8528

Richfield Chapter: 2nd Monday every month 7:00 @ Hope Presbyterian Church, 7132 Portland Ave S. 612-825-6500

Services Include:

- Support groups for Parents, Siblings & Grandparents *(Find a local chapter online)* No fees
- Online Community
- National & Regional Conferences
- Special Events & Calendar available online

LIFT Anoka Coon Rapids Chapter: www.allinahealth.org/ahs/grief.nsf/page/support_5NW

Call ahead to confirm Grief Groups sessions:

Contact: Norma Stueland 763-421-4347

2nd Wednesday of the month at 12:00pm @ Harvest Grill at Bunker Hills, Main & Foley, Coon Rapids, MN

Contact: Christine Newton 651-776-1555

2nd Tuesday of each month at 12:00pm @ Elsie's, 729 Marshall St NE, Minneapolis, MN 55413

Contact: Betty Boese 763-535-4112

2nd Tuesday of each month at 12:00pm @ Papa's Café, 7181 42nd Ave No., New Hope, MN

Liz Logelin Foundation: St. Louis Park, MN – Giving Hope to widows and widowers with young families

Contact: Lindsey Lewis 612-747-0472 / Fax: 612-545-2716 <http://thelizlogelinfoundation.org/>

- We are dedicated to providing support to grief-stricken young families in their time of deepest need. When a parent dies the financial burden can be huge. The LLF awards monetary grants to meet families' emotional and financial short-term needs.
- We can provide funds to help cover the rent or a house payment, utility bills, a child's activity fees, lessons, school clothes, a special family outing or gifts for the children.
- These grants allow families to spend more energy on healing, on being a parent, a child, a family. The support means something different to every family, but what it brings is hope and healing.
- No request or donation is too small.

MISS Foundation: www.missfoundation.org/support/groups/minnesota 888-455-6477 / 602-279-6477

Providing C.A.R.E. (Counseling, advocacy, research, and education) services to families experiencing the death of a child. Nationwide support groups & mentors.

- **Eagan:** Sarah Burke Email: sarah.burke@missfoundation.org

Loss support group: North Memorial Hospice sponsors support groups for people of all ages who have lost friends, family members or spouses.

Contact: Mary Marcoux, Family Support Coordinator 763-520-4834

Locations in Brooklyn Center or Robbinsdale *(Call for location and dates)*

Bittersweet: Bloomington, MN. This support group is for parents who've experienced the death of a twin or multiple meets once a month.

Contact: Barb Schaack, RN 952-854-1997 *(Call for location and dates)*

Fairview Southdale Hospital: 6401 France Avenue, Edina MN 55435

Contact: David Engelstad 952-924-5708 *(Call to register)*

1st & 3rd Tuesdays 5:00-6:30pm

Grief education and support series (West of Highway 35W):

The South Minneapolis Coalition of Churches sponsors a speaker and small group series.

Contact: Norine Larson 952-925-2437 *(Call for location and dates)* Thursdays 6:30pm

IRIS (Infants Remembered in Silence, Inc): www.irisremembers.com 507-334-4748 *(Call to register)*

Offering parents, families, friends & professionals support, education, and resources on the death of a child in early pregnancy (miscarriage, ectopic pregnancy, molar pregnancy, etc.) or from premature birth, stillbirth, neonatal death, birth defects, SIDS, illness, accidents and all other types of infant and early childhood death.

Location: IRIS Office, 101 NW Third Street, Faribault, MN

2nd Wednesday of each month 11:00 am – 1:00 pm

4th Tuesday of each month 7:00 – 8:30 pm

Bridge for Youth: <http://www.bridgeforyouth.com> 612-377-8800 (24 hour hotline) Email: info@bridgeforyouth.com

1111 West 22nd Avenue, Minneapolis, MN 55405 *(Call for location and dates)*

Crisis Program including shelter and food, transitions program for older teens, youth and family counseling, Health program & Support groups.

Adult grief education and support program: Three times through the calendar year this 6-week bereavement support group is offered.

HealthPartners Riverside Clinic, 2220 Riverside Avenue S., Mpls MN (5th floor, South Falk conference room)

One-time registration fee \$20.00, Scholarships available if needed.

Contact: Paul Johnson 952-883-6967 *(Call for dates)*

Fairview Support Group: www.fairview.org/services/homecarehospice/griefandsupportservices/index.htm

Call for questions: 952-885-6183 2nd Saturday of every month @ Fairview Oxboro Clinic, 600 W, 98th St., Bloomington

10:00 am – 12:00 in the lower level. No registration required

Fairview Youth Grief Services: www.fairview.org/About/OurCommunityCommitment/Involvement/YouthGriefServices/index.htm

Call for questions: 952-892-2111, Grief and Support education series, Telephone support & Camp Erin offered in July

Friends of The Angel: www.friendsoftheangel.com 612-298-3956 Email: friendsofangel@comcast.com

Provide care for the Angel and offer several events for all who have experienced a loss of a child of any age and their families. All are welcome to attend.

Location: Maple Grove Community Center, 4 blocks east of I-94 on Weaver Lake Road.

3rd Tuesday of the month at 7:00 pm

Children's Hospitals and Clinics of Minnesota Groups: Contact: 612-813-6622

Minneapolis Campus: 2525 Chicago Avenue So., Mpls, MN 55404

Family Grief Support Program: twice a month Thursdays 6:30 – 8:00 pm for parents, extended family members & siblings ages 4 to 18.

Daytime Grief Group: Every other Wednesday 10:00 am – 11:30 am. Childcare is available for pre-school children.

Attendees must commit to entire series.

Grief Support Group: Mount Olivet, 5000 Logan Avenue So., Minneapolis, MN 55405

This group is intended for anyone who has lost someone significant through death and wants support and education around the grieving process.

Contact: Vicki Franzen, Mount Olivet Counseling Services 612-927-7335 *(Call to register)*

Sept. 7th – Nov, 9, 6:15 – 7:15 pm

SAVE (Suicide Awareness Voices of Education):

- We suggest that you call before you attend a support group for the first time, to verify that the group is still meeting at the place and time listed. If you reach a recording when calling a support group, identify yourself as a suicide survivor to ensure a prompt reply.
- If you prefer to speak to a suicide survivor rather than attend a support group or if you have further questions, please call save at 1-888-511-SAVE (7283) or 952-946-7998 and leave a message on voice mail. This number is answered during normal business hours and the voice mail box is checked hourly after hours.

(Please phone first to confirm dates/times)

Burnsville: Mary Mother of the Church, 3333 Cliff Rd. Room 17, Burnsville, MN

Park in lower level and enter door under turnaround

Maria Steele - 952-686-7107 or Shirley Pelant - 952-894-4093

2nd Tuesday of each month, 7-8:30 p.m.

4th Thursday of each month, 7-8:30 p.m.

Faribault: District 1 Hospital, 200 State Ave. S. E., Classroom C, Faribault, MN

Laura Sterling - 507-334-9661

No regular meetings. In home meetings or will provide resources to find help.

Golden Valley: Calvary Lutheran Church, 7520 Golden Valley Rd., Golden Valley, MN

Bev Chipman - 763-323-3178 and Mary Sodergren 763-267-7041

1st & 3rd Tuesday of the month, 7-8:30 p.m.

Mankato: Immanuel St. Joseph's-Mayo Health System, 1025 Marsh St, Mankato, MN

Marlene Buker - 507-380-2386, 800-527-2922, marbuker@charter.net

2nd & 4th Thursday of the month, 6-8 p.m.

Melrose: Suicide Loss Support Group, Church of St. Mary Parish Center, 211 South 5th Avenue E., Melrose, MN

Deacon Steve, 320-256-4207

3rd Tuesday of every month, 8 - 9:30 p.m.

Minneapolis: Lutheran Church of Christ the Redeemer, 5440 Penn Ave. S., Minneapolis, MN

Vicki Bresson 952-300-2041, Sue Arneson 952-941-3417 or JoAnne Dunstan - 952-944-2478

2nd & 4th Tuesday of the month, 7-8:30 p.m.

New Prague: Mayo Clinic Health System (formerly known as Queen of Peace Hospital) Sally Schmid 952-758-4735

Jameen Mape Conference Room (enter through Emergency Room Doors)

301 Second Street NE, New Prague, MN

Meets 4th Tuesday of each month from 7-8:30 p.m.

Richfield: Men's Breakfast Group, Fred Babcock VFW, 6715 Lake Shore Dr., Richfield, MN

Larry Turner - 612-922-5830 / Don Sandberg - 763-544-7315

2nd Saturday each month, 8:30-10 a.m.

Rochester: Evangel United Methodist Church, 2645 N. Broadway, Rm. 221, Rochester, MN

Karen Byer - 507-288-5605, kbyer@charter.net

3rd Thursday each month, 7 p.m.

Recommended Sites & Other Online Resources

Bereaved Parents of the USA: www.bereavedparentsusa.org

Mail: PO Box 622, St. Peters, MO 63376

Contact:

Chapter Development: Donna Corrigan 630-840-7056

National Newsletter: Richard Berman 443-865-9666

Website Liaison: 304-842-1916

President: Lee Ann Hutson 765-866-1903

Vice President: Jodi Norman 703-910-6277

The Healing Place: www.thehealingplaceinfo.org

A Center for Loss and Change, 2409 Wildwood Street, Muscle Shoals, AL 35662, Contact: 256-383-7133

One Bright Star: www.onebrightstar.org

Mission is to be a resource for families who have lost a child to death and has created a unique star symbol to recognize and support them.

A Place to Remember: www.aplacetoremember.com

Books, support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby.

AARP: American Association of Retired People Grief & Loss Site. <http://www.aarp.org/relationships/grief-loss/>

Support for Grandparents: (Compassionate Friends)

http://www.compassionatefriends.org/brochures/the_grief_of_grandparents.aspx

Alive Alone: For education and charitable purposes to benefit bereaved parents. <http://www.alivealone.org/>

Angels for Hope: Crochets angels and butterflies that are sent out all over the world upon request to those who are severely injured, chronically ill, and their caregivers or just someone that needs hope free of charge. Now offering Smiley faces for Hope for children.

<http://www.angelsforhope.org/>

Babies Remembered: Honoring the sacred lives of precious babies, never forgotten, always loved.

<http://www.babiesremembered.org/>

Baby Steps: Support for those on the long road to recovery from the loss of a baby. <http://www.babysteps.com/>

Balloon Release: A site about balloon release and other memorial ideas. <http://www.balloonrelease.com/>

Bereavement Poems-Articles: A site with helpful poems and articles on grief.

<http://www.bereavement-poems-articles.com/>

Center for Loss in Multiple Births: Parents who have experienced the death of one or more, both or all of our twins or higher multiples at any time from conception through birth, infancy and childhood.

<http://www.climb-support.org/>

Centering Corporation: Dedicated to serving the needs of those healing from loss. <http://www.centering.org/>

Grief Digest Magazine: Hope Information Support <http://griefdigestmagazine.com>

Comfort Zone Camps: For children who are dealing with all kinds of grief. Death of a parent, sibling or any type of loss.

<http://www.comfortzonecamp.org/>

COPE (Connecting Our Paths Eternally): Grief and healing organization dedicated to helping parents and families living with the loss of a child. <http://www.copefoundation.org/>

Fallen Heros Memorial: Online memorial for all of the fallen service members of Operation Iraqi Freedom and Operation Enduring Freedom. <http://www.fallenheroesmemorial.com/>

Fernside: A center for grieving children. <http://www.fernside.org/>

For Moms Only: A healing place where you will find other mothers who can help you on this difficult journey. <http://www.formomsonly.org/>

GRASP (Grief Recovery After a Substance Passing): Provides sources of help, compassion and most of all, understanding, for families or individuals who have had a loved one die as a result of drugs. <http://grasphelp.org/>

Grief and Loss: Blogs and websites by and for bereaved parents. <http://www.scoop.it/t/grief-and-loss>

Grieving for Babies: Guides families and professionals towards understanding a grief caused by death of a baby during pregnancy at birth and in the first few of life. <http://grievingforbabies.org/>

In Loving Memory On Line: Dedicated to helping parents cope with the death of their only child or all of their children. <http://www.inlovingmemoryonline.org/>

National Hospice & Palliative Care Organization: Improve quality of end of life services through Hospice care. <http://www.nhpc.org/>

National Organization of Parents of Murdered Children, Inc.: A self-help group dedicated solely to the aftermath and prevention of murder. <http://www.pomc.com/>

National SIDS & Infant Death Program Support Center: <http://www.sidscenter.org/>

Open to Hope: Online community where people can find and share inspirational stories of life, loss and love. Encourages visitors to read, listen, share and contribute with honesty and compassion. Online forum with information and support so that people who experience loss can learn to cope with their pain, heal their grief, and invest in their future. <http://www.opentohope.com/>

Our Children's Memorial Walkway: A positive place to remember our children. <http://www.ocmw.org/>

Our Hearts of Hope; A "Pay it Forward" Community Service Program: Hearts of Hope is a nationwide group of volunteers organized to create and distribute beautiful keepsake hearts, with messages of hope to people in need everywhere. <http://ourheartsofhope.org/cms/>

Share: Pregnancy Loss & Support, Inc. <http://www.nationalshare.org/>

The Sibling Connection: Resources for bereaved Siblings. <http://www.counselingstlouis.net/>

Silent Grief: "Support for all who have suffered miscarriage and later child loss" <http://www.silentgrief.com/>

Sudden Infant Death Network: A world of information & support. <http://www.sids-network.org/>

Taps: The Tragedy Assistance Program for Survivors, Inc. (TAPS) provides a wide variety of programs and information to survivors, military and casualty personnel and others. <http://www.taps.org/>

The Gift of Keith: Deals with depression and suicide. <http://thegiftofkeith.org/>

Twinless Twins: Serving in support of twins (all multiple births) who suffer the loss of companionship of their twin through death or estrangement. <http://www.twinlesstwins.org/>

Grief Haven: Providing support and resources to parents and others who have lost a child. www.griefhaven.org

HeartLight Center: Provides in-depth programs related to the process of grief and ongoing education programs and support for professional and lay caregivers in the community. www.heartlightcenter.org

Gilchrist Support Groups: Support, Counseling and Education www.gilchristospice.org/support

The Center for Grieving Children: Where families find hope and love www.cgcmaine.org

The Grief Toolbox: A resource about dealing with grief, it can be a challenge to find the information we need to educate ourselves and our loved one on what is happening and how best to keep going forward. www.thegrieftoolbox.com

Grief and Recovery: Support for Young Widows and widowers, their friends, and their families and anyone suffering the loss of a partner. www.griefandrecovery.com

Good Grief: Putting the Good in Grief with compassion, support and community www.goodgrief.com

National Alliance for Grieving Children: Promotes awareness of the needs of children and teens grieving a death and provides education and resources for anyone who wants to support them. www.childrengrieve.org

Heal Grief: Creates a universal awareness and understanding of grief and provide a virtual community, without geographical boundaries, where individuals can connect, heal and memorialize their loved ones. www.healgrief.org

Tamarack Grief Resource Center: Strengthens and honors individuals, families and communities through their journey with grief. www.tamarackgriefresourcecenter.org