

Grief Support on the South Shore

Individual grief counseling is recommended to deal with the loss of a loved one. Free assistance in finding a specialty provider is available through the Interface Referral Service, Monday through Friday, 9am-5pm, at 888-244-6843. Many people also benefit from connecting with others who have experienced a similar loss, as a parent, sibling, spouse, or child. All of the groups listed here are facilitated by trained peers to provide support on individual's grief journey.

Online Resources

Compassionate Friends Meeting

Support for parents and families who have suffered the death of a child. While there is no local chapter on the South Shore, the National Office 877-969-0010 will put together a customized packet of bereavement materials specifically chosen to apply for each situation. A variety of online support groups are also available, including sibling groups. www.compassionatefriends.org

Grief Recovery After Substance Passing (GRASP)

The closest in-person Grief Recovery meeting is located in Falmouth. Join an online, closed Facebook group here: <https://www.facebook.com/groups/grasphelp> Visit website for more information on conferences and retreats: www.grasphelp.org

In-Person Support Groups

EMMAUS Ministry for Grieving Parents

In the Catholic Franciscan tradition of All are Welcome, the Emmaus Ministry serves the spiritual need of grieving parents whose children of any age have died by any cause; and to help parents as well as Clergy, Religious, Diocesan Staff, and Spiritual Directors to bring this ministry to their own parishes or region. EMMAUS offers One- Hour, One - Day and Weekend Spiritual Retreats – all led by parent companions, in **Duxbury** and other locations. www.emfgp.org

Hope Floats

A bereavement and educational center for individuals and families who are grieving or facing other life challenges. Their mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being. A variety of groups including support for overdose loss, special groups for siblings, spouses, parents, suicide loss, and more. All support groups are free, but registration is required. Please call 781-936-8068 to pre-register. Hope Floats, 4 Elm Street, **Kingston**. www.hopefloatswellness.org

Matthew's Candle

Peer-led grief support group meets on the third Tuesday of the month, from 6:30-8:00pm, at the Calvary Baptist Church, 429 Monponsett Street, **Hanson**. http://www.supportgroupproject.org/support_groups/matthews-candle/

The Sun Will Rise Foundation

Monthly, peer to peer grief support meetings for those who have lost someone they love to substance use disorder or overdose. Anyone 18 and older who has experienced this type of loss is welcome. Three Meeting options: the first Wednesday of the month at the **Braintree** Town Hall, 1 JFK Memorial Drive, 7:00-8:30pm; Second Thursday of the month at Crossroads Church 241 Broad St, **Weymouth**, 7:00-8:30pm; and the third Tuesday of the month at A New Way Recovery Center, 85 Quincy Ave, **Quincy**, 7:00-8:30p.m. Please pre-register before first meeting via phone 781-789-4604, or email robyn@thesunwillrise.org. www.thesunwillrise.org

