

Richmond-area grief support groups

as of 2/1/16

GENERAL LOSS

Actively Moving Forward (AMF)

College students supporting college students grieving the illness or death of a loved; **VCU chapter** meets for a drop-in group at the Wellness Center on the Monroe Park campus; Spring 2016 meetings are every Tuesday from 11am to noon; contact Karima (abutalebka@vcu.edu) or Rachel (weiskittlere@vcu.edu); national AMF info on social media and activelymovingforward.org

At Home Care Monthly drop-in support group and educational in-services facilitated by staff counselors; 2922 W. Marshall Street, Richmond; contact 358-3480.

Bon Secours Bereavement Center

Eight-week support groups facilitated by counselors; specialty groups, workshops and other programs available; 433-4710, bereavement@bshsi.org

Bryan's Oasis Retreat cabin in the Blue Ridge Mountains for grieving parents, hosted by Hank and Peggy Graeser to offer rest and hospitality; graeserh@comcast.net

Comfort Zone Camp Bereavement camps serving kids (ages 7–17) from all over the country; annual young adult camp (ages 18–25); local seven-week support groups for children, teens, and adults; **children's programs**; 377-3430, www.comfortzonecamp.org

Crater Community Hospice Six-week adult support groups in Petersburg, Chester, and surrounding counties; 526-4300, www.cratercommunityhospice.org

Encompass Hospice Weekly drop-in support group, daytime and evenings, facilitated by staff; 1030 Old Bon Air Road, Richmond; contact Verlean, 726-2855, vgould@ehhi.com

Eunice's Circle of Friends Monthly grief support group and social events; fourth Thursday from 6–7pm at Care Advantage, 10041 Midlothian Turnpike, Richmond; www.eunicescircleoffriends.com; contact Julia or Yvonne at ecf@careadvantageinc.com

Full Circle Grief Center Support groups for children (ages 3–18), adults, and families; school groups; community group and educational programs; specialty groups include perinatal loss, suicide loss, homicide loss groups; **children's programs**; 912-2947, www.fullcirclegc.org

Grief Share Twelve-week Christian video series with discussion groups at local churches; find specific locations at www.griefshare.org

Homicide Support Group For loved ones who had someone die by homicide or a violent death; first Wednesday from 6–7pm at the Richmond Police Training Academy, 1202 W. Graham Street, Richmond; **children's programs**; contact Officer McClarin, 646-6754 or Elaine Minor, 912-2947 x110.



GENERAL LOSS *(continued)*

Hospice of Virginia Weekly drop-in group, Tuesdays at 5:15–7pm, Robin Inn, 2601 Park Ave., Richmond; facilitated by chaplain/bereavement counselor in partnership with Metropolitan Community Church; contact Alane at 281-0451, alane.miles@americanhospice.com

Johnston-Willis Hospital Monthly bereavement support group; second Tuesday from 11:30am–1pm at the Hawthorne Cancer Resource Center located in Thomas Johns Cancer Hospital /Johnston-Willis Campus; 330-2136, Sandra.Tan@HCAhealthcare.com

Mechanicsville Monthly general grief group at Cool Spring Baptist Church; contact Jerry and Patsi Deans, who are bereaved parents, 559-7622.

Medi Hospice Eight-week bereavement support groups in Glen Allen facilitated by staff counselors; contact Alexis, 282-4301, AStribbling@msa-corp.com

Mind-Body Art Essentials Support groups for adults and teens using mind-body practices and art therapy to support the grieving process; facilitated by registered art therapist/psychotherapist; **teen programs**; mindbodyartes@gmail.com; www.mindbodyartessentials.com

Richmond Hill Monthly drop-in support group on the fourth Friday from 10–11:30am; occasional day-long grief retreats; Church Hill area; contact Sandy Gramling at 783-7903, www.richmondhillva.org

Tragedy Assistance Program for Survivors (TAPS) Offers support for military-related deaths, including retreats; **children's programs**; 800-959-8277, info@taps.org, www.taps.org/survivors

PERINATAL DEATH

Full Circle Grief Center Eight-week grief support group for parents who are grieving the death of a baby due to late term pregnancy loss, stillbirth, or prematurity; facilitated by counselors with concurrent remembrance program for children; contact Melissa at 912-2947, www.fullcirclegc.org

MISS Foundation – Early Miscarriage For women seeking support after the loss of a baby in early pregnancy; first Wednesday from 6:30–8pm at Healing Circle Counseling Office; contact linda.zaffram@missfoundation.org

Pregnancy and Infant Loss Support Group Monthly support group for parents and adult family members grieving the loss of a baby; first Thursday from 6:45–7:45pm at Henrico Doctors' Hospital – Forest Medical Plaza; 977-5872, Anna.Regan@HCAHealthCare.com

DEATH OF A CHILD

ASK Childhood Cancer Foundation Monthly drop-in support group for parents of children whose death was caused by cancer; second Wednesday at 7pm, ASK Offices, 5211 W. Broad Street, Richmond; contact Karla Helbert, LPC and bereaved parent, 892-2782.

Compassionate Friends Monthly support group and resources for parents, siblings and grandparents who have experienced the death of a child (of any age); facilitated by bereaved parents; meets on the last Tuesday of the month at 7pm at St. Matthias' Episcopal Church, 11300 Huguenot Road, Midlothian; 458-9000, tcfvva@hotmail.com; www.compassionatefriends.org

MISS Foundation Support for mothers and fathers enduring the death of a child; third Monday of each month from 7–8:30pm at St. Matthew's Episcopal Church, contact karla.helbert@missfoundation.org; online resources at richmond.missfoundation.org

Noah's Children (Pediatric Hospice with Bon Secours) Monthly grief education workshops led by professional counselor; for parents who have experienced the death of a child; 513-2523, Beth_Smith@bshsi.org

Sisters of Hope A group of bereaved Christian moms gathering to offer support, encouragement, and hope; monthly support group on second Tuesday from 7–8:30pm at Village Church, 233 N. Courthouse Rd., North Chesterfield; coming soon: daytime meetings and Day of Hope (day conference planned for 10/22/16); contact Jeannette Taylor, 610-380-1364, www.sistersofhope-richmond.com

DEATH OF A SPOUSE

Healing Hearts Club Social group for widows and widowers; at Huguenot Road Baptist Church; 272-2072.

Support for Widowed Spouses Nine-week bereavement program held two times per year; spring group in Bon Air, Tuesday evenings 7–9pm (Elaine Nowinski, 272-7787, emnowinski@fastmail.us); fall group in Westover Hills (Belinda Early, 513-5772, belinda.early@gmail.com)

Widowed Support Group Eight-week support group for those who have faced the death of a spouse; in Chesterfield; contact Mary Lou Marple from Morrissett, 275-7828.

Young Widows or Widowers Average age of 35–55; support and social outings; second Tuesday of each month; Richmond YWOW Tammy Smith, 201-5741, www.ywow.org

DEATH BY SUICIDE

Full Circle Grief Center Eight-week grief support group for adults who are grieving the death of a loved one by suicide; facilitated by counselors with possible concurrent remembrance program for children; contact Maryse at 912-2947, www.fullcirclegc.org

Survivors of Suicide Monthly support group, fourth Thursday from 7–9pm at CJW Hospital-Chippenham; to register, contact Mary Lou Marple from Morrissett at 275-7828.

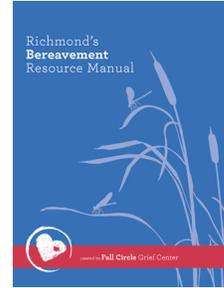
Survivors of Suicide Loss Monthly support group, third Thursday from 6:30–8pm at the Pusey House, 2705 Park Ave., Richmond; RSVP to peer facilitator Ren Bell 548-6670 at First Baptist; all are welcome; soslrva.wordpress.com

Survivors of Suicide Loss Group (NAMI)

Monthly support group, first Thursday at 7pm, Monument Heights Baptist Church; contact Kathy at 285-1749.

ADDITIONAL RESOURCES

fullcirclegc.org/manual Richmond's Bereavement Resource Manual has been created and produced by professionals from Full Circle and brings together all of the available local resources as well as age-appropriate grief education; for professionals, grieving families, and those supporting those who are grieving.



HelloGrief.org Discusses the impact of loss, ways to help grieving persons cope, and building a community of support for those living with grief; teen friendly.



WhatsYourGrief.com Promotes grief education, exploration, and expression in both practical and creative ways.

The Bereavement Coalition of Central Virginia is a network of counselors, chaplains, hospice professionals, and bereavement volunteers who meet once a month to discuss current bereavement services in the area and share professional educational resources. Contact Cathie Stivers (CGStivers@chva.org) to be added to the email list for upcoming meeting information and other program announcements.

Hampton Roads Bon Secours has a Bereavement Center serving the Hampton Roads area providing support groups, programs, and referrals; contact Nat Milton, 757-354-6872, bshr.com/bereavement