



RESOURCE DIRECTORY OF GRIEF SUPPORT SERVICES

Most people who have lost a loved one experience various reactions to the loss. Some reactions may be physical, emotional, spiritual or psychological. Even though these reactions may be uncomfortable and at times, debilitating and exhausting – varying factors contribute to the grief journey. Some of the factors include: who has passed away, whether their passing was unexpected, sudden or after a long illness, and how involved they were in one's day-to-day life. For some, traveling through this journey may be easier with guidance and support. We offer the following resources to help you navigate your grief journey.

ONLINE GRIEF SUPPORT GROUP

PARTNERSHIP WITH FAITH & GRIEF



Faith Presbyterian Hospice, in partnership with Faith & Grief, hosts online grief support groups. Support groups are held virtually on the third Thursday of each month from 6:30 - 7:30 p.m. Contact Binu Mathews at bmathews@forefrontliving.org for more information.

To register visit:
faithandgrief.org/faithpresbyterianhospice/

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CAMP FAITH

Camp Faith is a FREE one-day camp for children ages 3 to 18 years old and their family members who experienced the loss of a parent or grandparent. This event is held twice annually during the summer and winter.

Registration is required for this event. Please contact Erica Smith at 214-601-1233.



FAITH KIDS

Faith Kids is a FREE ongoing monthly support group (each second Thursday of the month, 6:30 - 7:30 p.m.) for children ages 3 to 18 years and their families who experienced the loss of a parent or grandparent. Groups are available for those who experienced sudden, unexpected losses as well as loss from illness.

Registration is required for this event: Please contact Erica Smith at 214-601-1233.

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ONLINE GRIEF SUPPORT GROUPS

- johgriefsupport.org/ – Provides free grief support groups for children, teens and their families after a loved one dies.
- faithandgrief.org/gatherings/ – A local faith-based organization that is currently holding online grief meetings.
- griefshare.org – A faith-based grief program that uses video lessons and discussion groups.
- psychologytoday.com/us/basics/grief – Listing of private practice counselors and therapists in your area who specialize in grief and loss.
- aftertalk.com/ – Website with articles, blog, resource center and an “ask Dr. Robert Niemeyer” column, with space for writing private conversations to loved ones and archiving memories.
- centerforloss.com/ – Links to books and articles by grief counselor and educator Alan Wolfelt, PhD.
- grief.com/ – Website with videos and information from grief expert and educator Dr. David Kessler.
- thegriefftoolbox.com/ – A place for grief tools, where people can find the grief resources they need. Includes links to articles, videos and support group finder.
- whatsyourgrief.com/ – Website about many aspects of coping with grief.
- griefhealing.com/ – Website with extensive quotes/poems section, articles on loss and pet loss, discussion groups.
- healgrief.org/ – Social support network providing resources and support for coping with grief.
- opentohope.com/ – Online resource center that includes community forums and articles, podcasts, and videos on a wide variety of grief-related topics.
- ourhouse-grief.org/groups-at-our-centers/ – Grief articles in English and Spanish.
- connect.legacy.com/ – Online support groups, articles, blogs, resources, and more.

COMMUNITY SUPPORT

COLLIN COUNTY

Cancer Support Community
TX Health Presbyterian Hospital
6300 W. Parker Rd, MOB 2, Suite 129A
Plano, TX 75093
972-981-7020

VNA Grief Support
Contact Susan Bryan at 214-733-5543
or bryans@vnatexas.org

Journey of Hope Grief Support Center
Grief and Anticipatory Grief Support Groups
972-964-1600
info@johgriefsupport.org

DALLAS COUNTY

Jewish Family Services
Support groups & therapy
5402 Arapaho Rd.
Dallas, TX 75248
972-437-9950

Cancer Support Community
8196 Walnut Hill Ln.
Dallas, TX 75231
214-345-8230

Grief & Loss Center of North Texas
Wilshire Baptist Church
4316 Abrams Rd.
Dallas, TX 75214
214-452-3105
hope@mygriefandloss.org

Preston Hollow Presbyterian Church
Good Grief Support Group
214-368-6348 ext. 134
phpc.org

Faith & Grief Luncheons
Exploring the intersection of faith and
grief. Monthly meetings across the DFW
area. faithandgrief.org

VNA Grief Support
Contact Sue Rafferty at 214-689-2922
or rafferts@vnatexas.org

Journey of Hope Grief Support Center
Grief and Anticipatory Grief Support Group
972-964-1600
info@johgriefsupport.org

Widowed Persons Support Group
9027 Midway Rd.
Dallas, TX 75209
214-358-4155

LightHouse for New Hope
Groups for adults, Spanish groups, groups
for families with children. 972-226-3110
lighthousefornewhope.org

06*GriefWorks*

ChristianWorks

Free support for children ages 5-18 and their adult family members.

972-960-9981

Camp Sunrise

ChristianWorks

Free weekend bereavement camp for children ages 6-17.

972-960-9981 or 817-502-7789

DENTON AND ROCKWALL COUNTY*Lake Pointe Church*

701 E. 1-30

Rockwall, TX 75087

469-698-2200

VNA Grief Support

Contact Kimberly Mackay-Pearson

214-263-1916 or

Kimberly.mackaypearson@vnatexas.org*Grief Share*griefshare.org**TARRANT COUNTY***Widowed Persons Support Group*

2600 SE Loop 820, Suite A

Fort Worth, TX 76140

817-551-2922

Cancer Support Community

TX Health Harris Methodist Hospital Alliance

10840 Texas Health Trail, Suite 120

Fort Worth, TX 76244

682-212-5400

GriefWorks

ChristianWorks

Free support for children ages 5-18 and their adult family members.

972-960-9981

Camp Sunrise

ChristianWorks

Free weekend bereavement camp for children ages 6-17.

972-960-9981 or 817-502-7789

*VNA Grief Support*Contact Kevin Moore at 972-962-7500 or moorek@vnatexas.org.

SUPPORT FOR VIOLENT LOSS

Trauma Support Services of North Texas
Therapy and support for trauma survivors.
972-709-4904
traumasupportservices.org

SUICIDE LOSS

Suicide and Crisis Center of North Texas
24/7 Crisis Line
Crisis Debriefing Services - Support group meetings for friends, employees, peer and family members of people who have completed suicide. They serve all ages.
214-828-1000 or 800-273-8255
sccenter.org

SUPPORT FOR GRIEVING CHILDREN

SAM's Place at Grief and Loss Center of North Texas

Children and teen groups, ages 4-18. For those who have experienced the loss of someone special in their lives.
214-452-3105

Grief Busters

Support groups for children who have lost a loved one to cancer.
214-345-8230
cancersupporttexas.org

Camp El Tesoro de la Vida

A week long camp for children ages 7-17 who have lost a loved one.
817-831-2111
campfirefw.org/youth/camps/

The Warm Place

Support groups for children and families.
809 Lipscomb St.
Fort Worth, TX, 76104
817-870-2272 or visit
thewarmplace.org

Dallas Crisis Help Line

972-233-8336

Journey of Hope Grief Support Center, Inc.

Support groups and gatherings for children.

3900 W. 15th St., Suite 306
Plano, TX 75075
972-964-1600
johgriefsupport.org/

Camp Faith

Faith Presbyterian Hospice
Summer and Winter day camps including games, activities, education and encouragement for children and families.
214-601-1233

Camp Sol

Weekend camps for families that are grieving the loss of a child.
214-456-8119
campsol.org

Camp Sunrise

Free weekend camp for children & teens ages 6-17.
800-375-2229
christian-works.org/works/camperin/

GRIEF THERAPISTS

Allison Barton LCSW

In-home visits

214-986-4917

allison@bartoncounseling.com

Frisco Counseling and Wellness

6842 Lebanon Rd., Suite 103

Frisco, TX 75034

972-380-1842

info@friscocounselingandwellness.org

Taylor Counseling Group

13612 N. Midway Rd., Ste 350

Farmers Branch, TX 75244

214-530-0021

info@taylorcounselinggroup.com

Bobbi Garmany, MS, LPC-S

2606 State St.

Dallas, TX 75204

469-222-1240

bobbi@bobbigarmany.com

A. Clare Buie Chaney, PhD, LPC

10440 N. Central Expy., Suite 800

Dallas, TX 75231

214-906-4869

Psychology Today

Therapist Search

[psychologytoday.com](https://www.psychologytoday.com)

BEREAVEMENT WEBSITES

- aarp.org/relationships/grief-loss/info-03-2011/truth-about-grief.html - Bereavement information and resources.
- thegrievingsibling.com/ - Self-help support group for adults who have lost an adult sibling.
- griefandrenewal.com - Articles, bookstore, discussion groups, Widows International links, grief resources.
- compassionatefriends.org - Supportive organization for families who have experienced the loss of a child.
- widownet.org - Information and self-help resources for widows and widowers, discussion boards, articles.
- griefnet.org - Support groups and resources.
- widowedparent.org - Support and resources for widowed parents.

MILITARY RESOURCES

- militaryonesource.mil/ - 24/7 support for MilLife. Information about support groups and additional resources.
- taps.org/grieffounseling - Provides comfort, care and resources to all those grieving the death of a military loved one.
- operationwearehere.com/FallenWarriors.html - Grief support resources for loved ones of the fallen.

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COUNSELING AND MENTAL HEALTH RESOURCES

Texas Health and Human Services
817-264-4500
dshs.texas.gov/mhsa/lmha

Medical City Green Oaks Hospital
972-991-9504
medicalcitygreenoaks.com

Metrocare Services
877-283-2121
metrocareservices.org

Child & Family Guidance Center
214-351-3490
childrenandfamilies.org

The Counseling Center
214-526-4525
thecentercounseling.org

SMU Simmons Family Counseling Center
214-768-6789
smu.edu/simmons/community/family-counseling

Jewish Family Services of Greater Dallas
972-437-9950
jfsdallas.org

*Centro de Mi Salud, Bilingual
Behavioral Healthcare Services
Counseling and Support*
214-941-0798
centromisalud.com

Family Tree Program
800-972-3416
familytreeprogram.org

Alcoholics Anonymous
214-887-6699
aa.org

*NAMI (National Alliance on Mental
Illness) North Texas*
214-341-7133
naminorthtexas.org

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CHILDREN'S COUNSELING AND PLAY THERAPY

Apple Counseling & Consulting

214-618-8402

applecounseling.com

Treehouse Counseling

214-310-8826

treehousecounseling.com

HOPE: Child & Family Center of TX

214-949-7774

hopecentertx.com

LightHouse for New Hope

972-226-3110

lighthousefornewhope.org

Compass Psychologic Associates

214-824-8878

compasspsych.com

Andrea Davis Clinical Art Psychology

972-880-5737

andreadavisart.com

Brandi Chiarello, MS, LPC-S

469-583-9588

goffc.com

Barbara Neal, LPC

214-720-6060

barbaraneal.com

LOSS OF A CHILD

The Compassionate friends

Online support

compassionatefriends.org/find-support

Carson's Village

Carsonsvillage.org/

877-789-0722

TCF Local Chapters

Plano and Collin County

214-537-5460, 469-223-5422 or 214-907-1462

East Dallas County

214-814-5559

Wylie

603-365-6800

Fort Worth

682-201-0837

RECOMMENDED READING

STORYBOOKS FOR CHILDREN ABOUT DEATH, DYING AND LOSS

- *I Miss You: A First Look at Death* by Pat Thomas
- *A Story for Hippo* by Simon Puttock
- *Gentle Willow: A Story for Children About Dying* by Joyce C. Mills
- *Mama's Going to Heaven Soon* by Kathe Martin Copeland
- *Everything Changes, but Love Endures: Explaining Hospice to Children* by Karen Carney

FOR PARENTS OF GRIEVING CHILDREN

- *Helping Your Child Grieve* from Channing Bete Co.
- *35 Ways to Help a Grieving Child* from The Dougy Center
- *The Grieving Child: A Parent's Guide* by Helen Fitzgerald
- *Guiding Your Child Through Grief* by James P. Emswiler and Mary Ann Emswiler
- *When a Friend Dies: A Book for Teens About Grieving & Healing* by Marilyn E. Gootman

WORKBOOKS FOR GRIEVING CHILDREN AND TEENAGERS

- *When Someone has a Very Serious Illness: Children Can Learn to Cope With Loss and Change* by Marge Heegaard
- *Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss* by Enid Samuel Traisman
- *The Grieving Teen: A Guide for Teenagers and Their Friends* by Helen Fitzgerald
- *Healing Your Grieving Heart For Teens: 100 Practical Ideas* by Alan Wolfeit, PhD

RECOMMENDED READING

DEATH AND DYING

- *Tuesdays with Morrie* by Mitch Albom
- *On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy, and Their Own Families* by Elisabeth Kubler-Ross
- *Where There are No Words: Finding Your Way to Cope With Loss and Grief* by Charlie Walton
- *Healing After Loss: Daily Meditations for Working Through Grief* by Martha Whitmore Hickman
- *Writing to Heal the Soul: Transforming Grief and Loss Through Writing* by Susan Zimmermann
- *Final Gifts* by Maggie Callanan and Patricia Kelley
- *Dying Well* by Ira Byock
- *Men Coping With Grief* by Dale A. Lund

LOSS OF A SPOUSE

- *Option B* by Sheryl Sandberg
- *Widowed* by Dr. Joyce Brothers
- *Let Me Grieve, but Not Forever* by Verdell Davis
- *Finding Your Way After Your Spouse Dies* by Marta Felber
- *For Widows Only!* by Annie Estlund
- *Widow to Widow - Thoughtful, Practical Ideas for Rebuilding Your Life* by Genevieve Davis Ginsburg
- *The Tender Scar: Life After the Death of a Spouse* by Richard L. Mabry
- *I'm Grieving as Fast as I Can: How Young Widows and Widowers Can Cope and Heal* by Linda Feinberg
- *Getting to the Other Side of Grief: Overcoming the Loss of a Spouse* by Robert C. De Vried and Susan J. Zonnebelth-Smeenge

LOSS OF A CHILD

- *When the Bough Breaks: Forever After the Death of a Son or Daughter* by Judith R. Bernstein
- *Tracks of a Fellow Struggler: Living and Growing Through Grief* by John Claypool
- *How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding Your Life* by Catherine M. Sanders
- *If I Could Just See Hope* by Darcie D. Sims

RECOMMENDED READING

LOSS OF A PARENT

- *When Parents Die: A Guide for Adults* by Edward Myers
- *Recovering From the Loss of a Parent* by Katherine Donnelly
- *Children and Grief: When a Parent Dies* by J. William Worden

LOSS OF AN ADULT SIBLING

- *Surviving the Death of a Sibling: Living through Grief When an Adult Brother or Sister Dies* by T.J. Wray
- *Letters to Sara: The Agony of Adult Sibling Loss* by Anne McCurry

LOSS OF A FRIEND

- *When People Grieve: The Power of Love in the Midst of Pain* by Paula D'Arcy
- *Don't Ask for the Dead Man's Golf Clubs: What to Do and Say (and What Not to) When a Friend Loses a Loved One* by Lynn Kelly
- *Grieving the Death of a Friend* by Harold Evan Smith

SPECIAL ISSUES

- *Messages and Miracles: Extraordinary Experiences of the Bereaved* by Louis E. LaGrand
- *I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One* by Brook Noel

Resource Directory of Grief Support Services

Please Note: This list is for reference only. Faith Presbyterian Hospice does not endorse any of these organizations, therapists, their services and encourages you to contact each of them directly for accurate dates and times.