Community Grief Resources

Denver Metro

The Denver Hospice

501 South Cherry Street, Suite 700 | Denver, CO 80246 | Phone: (303)321-2828

www.thedenverhospice.org

The Denver Hospice is open to the community and provides services for minimal fees and on a sliding scale. To schedule an appointment or join a support group, families are asked to call 303-321-2828 and you will be put in touch with the on-call coordinator.

Programs Offered:

* Presentations geared toward education about grief open to adults who have experienced the death of a family member or friend.
* A structured four-week support group for adults who have experienced a death loss in the last three to four months.
* Educational six-week group for adults grieving any significant death in the last three or four months.
* Six-week support group for adults which uses art, writing and other creative tools for expressing feelings and working through grief and loss.
* Individual counseling which provides structure, support and guidance for people who are grieving a death.
* [Mindfulness and Grief Group](http://www.thedenverhospice.org/ourservices/griefservices/supportgroups/Pages/Mindfulnessgroup.aspx) which teaches new practices to support their grief journey.
* A four-week course designed for newly bereaved individuals who have recently suffered the loss of a partner or spouse
* For those who have experienced the death of a child after they reached adulthood.
* The Footprints Children's Grief Center offers "anticipatory grief support" to children while loved ones are ill and individual counseling following the loss.

Centura Health at Home Bereavement Services

Multiple locations throughout metro Denver | Phone: 303-561-5100

Open to the community.

Programs Offered:

* Grief and loss support groups
* Individual counseling
* Children’s counseling and grief education
* Seasons of Grief quarterly newsletter
* Seasonal events

Namaste Hospice Care Group

1633 Fillmore Street, Suite 300 | Denver, CO 80206 | Phone: (303)860-9915 | Email: Namaste@namastehospice.com

Open to the community and services are provided free of charge.

Programs Offered:

* Drop in grief support groups every 1st and 3rd Friday of the month.
* Six week structured grief support groups.
* Individual counseling.

Heartlight Center

11150 East Dartmouth Avenue | Denver, CO 80014 | Phone: (720)748-9908 | Email:info@heartlightcenter.org

Open to the community providing affordable grief support and education for adults in the community.

Programs offered:

* Growing through Grief group for newly bereaved individuals.
* Widow(er) Education and Support Group/Peer support Group are groups for people who experienced death of a spouse, partner, or significant other.
* Loss of a Parent Support group for those who have experienced the death of a parent.
* East Metro Heartbeat Group is a support group for survivors of suicide.
* Seasonal Groups
* Compassionate Friends Aurora Chapter for families who have experienced the death of a child of any age.

Judi’s House

1741 Gaylord Street | Denver, CO 80206 | Phone 720-941-0331 | www.judishouse.org | carlh@judishouse.org

Services are offered to children and their adult caregivers who have lost a loved one. Open to the public and free of cost.

Programs Offered:

* Pathfinders group is held weekly for ten consecutive weeks on either Tuesday or Thursday for ages 3-18 and their caregivers. The group is a mixture of education around grief related issues, learning healthy coping skills as well as getting and giving support to others. While children meet with their peers, adult caregivers also have the option to meet in an adult group.
* Connections group meets bi-monthly after a family has completed the Pathfinders group. The group offers children and their adult caregivers to continue to meet for ongoing support.
* Families Grieving Suicide group meets twice a month for ages 3-18 and their caregivers. The group provides special support to the unique issues that families grieving suicide death may experience.
* Young Adults group meets the first and third Wednesday serving ages 19-25. The group provides support, builds a sense of community, and helps teach healthy coping mechanisms.

Angel Eyes

Contact: Jamie Burke

425 South Cherry Street, Suite 560 | Denver, CO 80246 | Phone: (303)320-7771 | www.angeleyes.org | Jamie@angeleyes.org

Angel Eyes is a non-profit organization which offers free bereavement services to families that have experienced a pregnancy or infant loss including miscarriage, premature birth, still birth, and infant death.

Programs Offered:

* Monthly support groups that take place the first Monday of every month

Assistance with Grief

501 East Hampden Avenue | Englewood, CO 80110| Phone: (303) 788-5677 | www.swedishhospital.com

Open to the community.

Programs Offered:

* Support groups for parents who are grieving the death of a baby through miscarriage, stillbirth, or newborn death.

Children’s Hospital Colorado Bereavement Program
13123 East 16th Avenue, Box 220 | Aurora, CO 80045 | Phone: (720) 777-6978 | tommi.mchugh@childrenscolorado.org | Contact Person: Tommi McHugh

Open to the community offering support to families who have lost a child.

Programs offered:

* Nine week support groups for families three months after the death
* Monthly drop in groups
* Scrapbooking events
* Memorial Services
* Educational Events
* Teen film making programs
* Sibling Support group
* Holiday remembrance program if loss was within last 12 months
* Licensed social worker provides individual counseling for adults and children in home or in the office
* Community grief referrals

Northern Colorado

Pathways Hospice

Fort Collins/Loveland Location

305 Carpenter Road | Fort Collins, CO 80525 | Phone (970)663-3500 | Email: info@pathways-care.org

Windsor Location

1580 Main Street, Suite 2 | Windsor, CO 80550 | Phone: (970)292-9988

Email: info@pathways-care.org

Pathways Hospice offers grief support open to the community for various fees.

Programs Offered:

* Newly Bereaved group offered for those who are in the first months of grief.
* The Mourning After Group offers education to adults who have lost a loved one.
* Bereaved Parents Group offers support to parents who have lost a child of any age.
* Creative Therapy Groups offers support through art and writing.
* Special events throughout the year.
* Widowed Person Groups offering support to widowed men and women.
* Groups for Children and Teens offer support to grieving families with children.

Hospice of Northern Colorado

2726 West 11th Street Road | Greeley, CO 80634 | Phone: (970) 352-8487 | www.hospiceofnortherncolorado.com

Open to the community and free of charge for 13 months following the death of a loved one.

Programs offered:

* Monthly ongoing support groups
* Social groups for widowed persons

Southern Colorado

Pikes Peak Hospice and Palliative Care

2550 Tenderfoot Hill Street | Colorado Springs, CO 80906 | Phone: (719)633-3400 | www.pikespeakhospice.org

Services are open to the community for a fee for 13 months following the death of a loved one.

Programs offered:

* Six week structured grief support group offered four times a year.
* Monthly group for parents who have lost a child
* Monthly women’s ongoing group.
* Informal men only “get-together”.
* Children’s group with concurrent parent education.

Sangre de Cristo Hospice and Palliative Care, west office

601 Greenwood Ave | Canon City, CO 81212 | Phone: (719) 275-1261 | www.sangredecristohospice.org

Services are open to the community and are free of charge.

Programs offered:

* Monthly women’s group
* Monthly men’s group
* Group for parents who are grieving the loss of a baby through miscarriage, ectopic pregnancy, and early infant loss.
* Group which emphasized the importance of physical activity as a source of comfort for the bereaved
* Equine Grief Group
* Kids Camp

Center for Grief and Loss Counseling and Education

509 Colorado Ave, Suite B | Pueblo, CO 81004 | (719) 252-0433 | www.centerforgrief.org

Services are open to the public and donations are requested for all services.

Programs offered:

* Individual and couples counseling with a fee of $75.00 per session
* Support groups for adults with a fee of $5.00 per group
* Support group for children with a fee of $10.00 per group
* Special Events
* Seminars

Western Colorado

Hospice and Palliative Care of Western Colorado

3090 North 12th Street, Unit B | Grand Junction, CO 81506 | Phone:(970)255-7277 | www.hospiceco.com | Various other locations throughout Western Colorado

Open to the community. Some services are free others are offered at a nominal fee based on a sliding scaled or covered by insurance. No one is turned away for lack of means to pay.

Programs Offered:

* Adult support groups for anyone who has experienced the loss of a loved one. Free of charge.
* Just for Men support group. Free of charge.
* Individual and family counseling sessions.
* Summer camps for children aged kindergarten through teens.
* Equine Therapy for teens.
* Those Left Behind group for middle school age children who have lost a loved one to suicide.

Wyoming

**Park County Wyoming**

Spirit Mountain Hospice

707 Sheridan Ave | Cody, WY 82414 | Phone: (307)578-2413

Powell Valley Healthcare

777 Avenue H | Powell, WY 82435 | Phone: 307-754-1263

Programs are open to public. Journey through Grief Support group is held the 1st Tuesday of the month from 10-11am.

**Fremont County Wyoming**

Amedisys Home Health Care

230 North 1st Street | Lander, WY 82520 | Phone: (307)332-2922

Programs are open to the public. Amedisys has locations in both Riverton and Lander Wyoming. Program has a staff of medical social workers, nurses, and chaplains all trained in bereavement support.

Programs offered:

* Grief support groups

Help for Health Hospice

1240 College View Drive | Riverton, WY 82501 | Phone: (307)846-1206 | Contact Person: Katie

Programs are open to the community and free of cost. Call Katie to set up an appointment

Programs offered:

* Individual grief counseling

**Natrona County Wyoming**

Central Wyoming Hospice and Transitions

319 South Wilson | Casper, WY 80261 | Phone: (307)577-4832 | Contact Person: Laura

Services offered free of cost to and are open to the community. Services are directed to individuals and families who have had a significant loss within the last 12 months.

Programs Offered:

* Six week bereavement group for adults
* Café Cares-social support for those who have lost their life-partner which meets monthly
* Kid’s Grief Camp-two day camp open to children and teens aged 6-16
* Individual and Family Counseling-one on one counseling sessions with a licensed professional
* Annual holiday ceremony

**Laramie County Wyoming**

Hospice of Laramie

1262 N 22nd Street | Laramie, WY 82072 | Phone: (307)745-9254

Hospiceoflaramie.org | Contact Person: Jamie Gonzales

Bereavement programs are open to the community and free of cost. Contact the above number and ask to speak to the bereavement counselor to set up a counseling appointment or discuss attending a group.

Programs Offered:

* Individual counseling
* Weekly Bereavement Support Group-takes place at the Hospice of Laramie office each Monday evening and meets from 4pm to 5:30pm.
* Literature Resource Library
* Community Referrals

Cheyenne Regional Medical Center Hospice

6000 Sycamore Road | Cheyenne, WY 82009 | Phone: (307)633-7016

www.umcwy.org | Contact Person: Amy

Online Resources

What’s Your Grief

www.whatsyourgrief.com

Through blog entries and podcasts, grief education and practical advice is offered for everything from finding a support group to books and music about grief.

AARP Grief and Loss

www.aarp.org/families/grief\_loss

Website offers grief and loss support and information for bereaved adults and their families.

Center for Loss and Life Transition

www.centerforloss.com

Private network located in Fort Collins which offers information regarding grief and loss.

GriefNet

www.GriefNet.org

GriefNet is an internet community offering support and resources for anyone who is dealing with grief, death, and major loss.

Compassionate Friends

www.compassionatefriends.org

Compassionate Friends provide support to bereaved families after the death of a child.

National Donor Family Council

www.kidney.org

The National Donor Family Council provides support and education to donor families.

National Donor Memorial

www.donormemorial.org

The National Donor Memorial site is where donor families can post a tribute to their loved which honors organ and tissue donors.

Children’s Grief Education Association

www.childgrief.org

Website dedicated to serving the needs of grieving children and families and to providing education and support to those who serve them.

The Dougy Center

www.dougy.org

The Dougy Center provides support for children, teens, young adults, and their families grieving a death.

Kids 2 Kids

www.kidsaid.com

A safe place for children to help each other deal with grief and loss through e-mail support groups and sharing and viewing artwork and stories.

Suggested Readings

General Books about Grief

* *Awakening From Grief: Finding The Way Back To Joy*

John E. Welshons

Written for those who have experienced any type of loss.

* *Companion Through The Darkness*

Stephanie Ericsson

Guide for those in grief based on the author’s own personal experiences with different types of loss.

* *How To Go On Living When Someone You Love dies*

Therese A. Rando

A bereavement specialist’s guide through the process of grieving.

* *Living with Grief after Sudden Loss*

Kenneth J. Doka

Addresses the subject of sudden, unexpected death and its effects and implications for survivors.

* *The Mourning Handbook*

Helen Fitzgerald

Written as a companion those who are grieving and in need of practical and emotional support before and after the death of a loved one.

* *Transcending Loss*

Ashley D. Prend

Approaches grief as a lifelong process and helps those who are grieving cope with the ongoing impact of their loss.

Widowhood

* *I’m Grieving As Fast As I Can*

Linda Feinberg

A guide for young widows and widowers in the midst of grief while highlighting the special circumstances of facing an untimely death.

* *ABCs of Widowhood*

Pat Nowak

Provides practical advice related to the loss of a spouse.

* *And Life Goes on…A path Through Widowhood*

Gustavo Acosta

A book of hope intended primarily for widowers but can be helpful to anyone that has lost a partner.

* *The Year of Magical Thinking*

Joan Didion

Explores the experience of losing a husband, wife, or child.

Loss of a Child

* *After the Darkest Hour the Sun Will Shine Again: A Parent’s Guide*

Elizabeth Mehren

A guide to coping with the loss of a child based on the author’s personal experience.

* *Beyond Endurance: When a Child Dies*

Ronald Knapp

Based on the author’s clinical work, the book presents the results of research with families who have lost a child and addresses the special needs of surviving family members.

* *How to Survive the Loss of a Child*

Catherine Sanders

Offers grieving parents practical help as well as emotional support. Also helps family members, friends, and caregivers relate to grieving parents.

* *The Death of an Adult Child*

Jeanne Webster Davis

Explores parents’ experience with the loss of a child.

Helping Children and Teens

* *Bereaved Children and Teens*

Earl A. Grollman

A comprehensive guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one’s death.

* *Badger’s Parting Gifts*

Susan Varley

A gentle message for children through a story of loss and memories left behind.

* *The Invisible String*

Patrice Karst

Written to address a child’s fear of being apart from the ones they love through anger, distance or death.

* *Talking about Death: A Dialogue between Parent and Child*

Earl A. Grollman

A guide for parents including dos and don’ts, an illustrated read-along dialogue, and a guide to explaining death.

* *The Grieving Child: A Parent’s Guide*

Helen Fitzgerald

Offers practical, compassionate, advice for helping a child cope with before and after the death of a parent or other loved one.

* *Fire in My Heart, Ice in My Veins*

Enid Samuel Traisman

A journal for teenagers allowing them to use creativity to work through the grieving process.

* *Healing a Teen’s Grieving Heart*

Alan D. Wolfelt

A resource for friends, parents, relatives, teachers, volunteers, and caregivers offering suggestions to help grieving teens cope with the loss of a loved one.

Suicide

* *Life After Suicide: A Ray of Hope for Those Left Behind*

E. Betsy Ross

A guide to coping with suicide for both survivors and those who work with them based on the author’s own experience her husband’s suicide.

* *No Time to Say Goodbye: Surviving The Suicide of A Loved One*

Carla Fine

A guide for family and friends left behind by the loss of a loved one by suicide. Based on the author’s own experience with the loss of her husband by suicide.

* *Silent Grief: Living in the Wake of Suicide*

Christopher Lukas

Provides insights into living in the wake of suicide and provides useful strategies and support for those affected by suicide based on the author’s own experience combined with the knowledge of a professional psychologist.

* *Touched by Suicide: Hope and Healing After Loss*

Michael F. Myers

Offers compassionate and practical advice to anyone affected by suicide throughout a lifetime.

Other Grief

* *Healing Your Holiday Grief: 100 Practical Ideas for Blending Mourning and Celebration During the Holiday*

Aland D. Wolfelt

A handbook of practical suggestions to help those grieving through the holiday season.

* *For Bereaved Grandparents*

Margaret Gerner

Addresses grief that grandparents feel when their children lose a child and shows how grandparents can help their children while grieving themselves.

* *Give Sorrow Words: A Father’s Passage through Grief*

Tom Crider

Offers companionship following the loss of a loved one in addition to exploration of spiritual issues related to death.

* *Surviving the Loss of a Parent*

Katherine F. Donnelly

An explanation of why the loss of a parent is different from other losses and using examples from the author’s own experience, she shows how it is possible to work though the grief.

* *Swallowed by a Snake*

Tom Golden

A book for men and women about the masculine side of healing from loss.