

Fredericksburg Area Community Resources for Grief and Loss

Hospice Support Care: Adult programs - Ongoing support groups for adults who have lost a loved one in Fredericksburg, Colonial Beach and Falls Run community. Also, short-term individual counseling sessions are available. For adult programs, contact Sharron Simpson at 540-361-7071 and/or bereavement@hospicesupportcare.org. **Children's Programs** - Ongoing twice-monthly meetings for elementary, middle-and high-school age children and teens. Contact Kim Rudat at 540-361-7071 and/or childrensbereavement@hospicesupportcare.org. See also, www.hospicesupportcare.org

Mary Washington Hospice Adult Bereavement Groups: Ongoing weekly support groups for the death of a spouse (both day and evening); monthly support group for death of a child; monthly support group for death of a parent; and, a weekly "Writing your Grief" support group. Contact is Diane Ebenal, at 540-741-2377 and/or diane.ebenal@mwhc.com.

Grief 101: A series of workshops co-sponsored by Mary Washington Hospice and Hospice Support Care for adults who have experienced the death of a loved one to provide information and education on grief. Meets first Saturday monthly (Sept. thru June) from 3 to 4 p.m. at the England Run Library, 806 Lyons Blvd, Fredericksburg, VA 22406. Contact Diane Ebenal at 540-741-2377 or diane.ebenal@mwhc.com.

Compassionate Friends - A national self-help organization providing support groups for parents who have experienced the death of a child of any age. Group meets 3rd Tuesday of each month at 7:00 p.m. at the Redeemer Lutheran Church, 5102 Harrison Rd., Fredericksburg. Call (540) 775-8430. See also www.compassionatefriends.org.

THEOS (They Help Each Other Spiritually) – An inter-denominational monthly support group for widowed persons meeting the fourth Tuesday evening at 7:30 p.m. at the Fredericksburg Baptist Church. Call Chaplain Jack Marcom at (540) 370-4325.

Perinatal Loss Support – Help for individuals/families who have suffered pregnancy loss or infant death (present or expected loss in near future). Program includes a support group "Healing Through Support" which meets at Mary Washington Hospital the 4th Thursday monthly (except the 3rd Thursday in Nov/Dec). Call Tammy Ruiz, RN, at (540) 741-3268 for information/local support. See also, www.nationalshare.org

GriefShare – A national faith-based organization offering grief support groups for adults who have lost a loved one that meet in local area churches for up to 13 weekly meetings featuring videos seminars, group discussions and workbook-based study and reflection. Check the GriefShare website for info about groups being offered in the greater Fredericksburg area at www.griefshare.org.

Pet Loss – Pet Bereavement Support Group meets monthly on 2nd Tuesday evening, 7 p.m., at the Central Rappanhannock Regional Library (main branch) on Caroline Street in the City of Fredericksburg. Call 540-361-7487. See also, www.pet-loss.net.

TAPS – Tragedy Assistance Program for Survivors: A tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of their death. Meets monthly in the Stafford area. Headquarters located in Washington, D.C. Main phone is 1-800-959-taps (8277). See also, www.taps.org.

Widows & Widowers – The Next Step – A primarily social group meeting every Wednesday evening (except the dinner night on second Wednesdays), 7:30 p.m. to 9:00 p.m. at the Dorothy Hart Community Center on Canal Street in the City of Fredericksburg. Call Joady Chaplin at 540-373-0700.

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Survivors of Suicide Support Group – Sponsored by Mental Health America of Fredericksburg. Professionally led grief support group for adults who have lost a loved one to suicide. Meets second and fourth Mondays, 7 – 8:30 p.m., at the Fredericksburg Baptist Church, Room PA111, in the City of Fredericksburg. Call 540-371-2704 or email mhafred@mhafred.org.

Military Veterans Support Group – Sponsored by Medi Home Health & Hospice for veterans who have experienced a loss of any kind and facilitated by retired military chaplain, Jack Marcum. For more information, please contact Kate Hopper, Community Educator, at 540-220-2567.

Helpful Websites:

www.librarypoint.org (access to different lists about books on grief to include):

Adult listing, “Coping with Grief” at www.librarypoint.org/booklist/4128

Explaining death to children at www.librarypoint.org/booklist/1045

Article, “A Time to Mourn,” at www.librarypoint.org/timetomourn with booklist and web links.

www.journeyofhearts.org (many articles regarding differing types of losses)

www.sidscenter.org (prenatal, perinatal and infant loss)

www.growthhouse.org (general grief and bereavement)

www.helpguide.org/mental/griefloss (good summary articles on grief and bereavement)

www.hospicenet.org (variety of articles on grief and bereavement)

www.dougy.org (children who have lost a loved one)

www.americanhospice.org (variety of articles on grief and bereavement)

www.vdbs.org/griefandbereavement (for those who have lost someone to a violent death)