

Grief and Loss Support for Specific Loss:

Child / Adult Child Loss Support (note: this is not Perinatal Loss which is at the end of this document)

1. Compassionate Friends is a peer lead group for child loss support:
<https://www.compassionatefriends.org/>
 - a. Local chapter meetings are currently online, and the national website has excellent information.
2. Contra Costa Crisis Center offers a group on Wednesday evenings, 7-9PM for child loss (young or adult).
 - a. This group is available to anyone, regardless of where you live. For more information or to register, please contact: Clasisa Anguiano, MS at 925-939-1916 X 124
3. Pathways Hospice offers adult child loss support: <https://pathwayshealth.org/grief-support-groups-and-workshops/>
4. By the Bay Health (formerly Hospice by the Bay) offers support for bereaved parents: <https://bythebayhealth.org/support-group-calendar/>

COVID Loss Support

1. Vitas has both phone and zoom groups: <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>
2. COVID Survivors for Change: <https://covidurvivorsforchange.org/survivor-resources/>
 - a. Virtual support group Thursdays at 5:30 PST
 - b. Spanish language support group Wednesdays at 6 pm PST

Grief and Healing Arts

1. By the Bay Health (formerly Hospice by the Bay): <https://bythebayhealth.org/support-group-calendar/>
 - a. Grief Through Writing Groups (there is a fee)
2. Hospice of the East Bay: <https://www.hospiceeastbay.org/services/griefsupport/groups-classes>
 - a. Mindfulness, Meditation, & Meaning
3. Writing Through Grief: <http://www.joanmonheitpsychotherapy.com/writing-through-grief-1/>
 - a. Fee based
4. Healing Art and Grief: <https://www.thespacebetweenegs.com/>
 - a. Fee based. Facilitated by Laura Calabrese, LCSW and former Kaiser Hospice Bereavement Coordinator
5. Movement/ Yoga and Grief: <https://www.pauldennistontraining.com/spark>
 - a. Fee based

Homicide Loss Support

1. Ya-NEEMA Healing Circle
 - a. Virtual community support group on the 1st & 3rd Saturday of the month. Facilitated by Minister DeWanda Joseph (510-776-5453) and Kaiser Chaplain Jerome Adeyemi (510-752-6873).
2. Contra Costa Grief Center: 1-800-837-1818
 - a. Open to people living outside of Contra Costa County as well

LGBTQI+ Grief Support

1. Sutter San Francisco: <https://www.sutterhealth.org/services/home-health-hospice/grief-support-san-francisco>
 - a. Same-sex spousal/partner loss support group on the 1st and 3rd Tuesday of the month from 3:30-5.
2. Vitas: <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>
 - a. LGBTQ+ and Grief group on Tuesdays at 6:30 pm
 - b. LGBTQ+ Living with Loss Drop In Grief Group in partnership with Openhouse 2nd and 4th Fridays at 1 pm. To register: <https://www.openhousesf.org/events>
3. The Oakland LGBTQ Center: <https://www.oaklandlgbtqcenter.org/support-groups-1>
 - a. LGBTQ Friendly Grief and Loss Support Group meets the 2nd Monday of the month from 6-7:30 on Zoom
4. The Pacific Center: <https://www.pacificcenter.org/grief-group>
5. Audrey Mowry, AMFT: <https://www.therapywithaudre.com/queering-grief-death-and-loss>
 - a. Offers zoom sessions on Mondays evenings 6-7:30 pm for \$75/session

Men's Grief Support

1. Kara: <https://kara-grief.org/news/fall-2021-online-mens-grief-support-group/>
 - o Monthly online support group for men
2. Men's private Facebook group from Compassionate Friends:
<https://www.facebook.com/groups/tcfmeningrief>

Parent Loss Support

1. Sutter Hospice: <https://www.sutterhealth.org/services/home-health-hospice/grief-support-alameda>
 - a. Sutter offers a "Daughters Grieving Their Mothers" group and a "Young Daughters Mother Loss" group
2. Hospice of the East Bay: <https://www.hospiceeastbay.org/services/griefsupport/groups-classes>
3. Pathways Hospice: <https://pathwayshealth.org/grief-support-groups-and-workshops/>

Spanish Language Grief Support

1. Vitas has a bi-monthly Spanish language support group: <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>
2. Kara has various Spanish language grief support services: <https://kara-grief.org/services/servicios-en-espanol/servicios/>

Spousal/ Partner Loss

1. Hospice By the Bay: <https://www.hospiceeastbay.org/services/griefsupport/groups-classes>
2. Sutter Hospice: <https://www.sutterhealth.org/services/home-health-hospice/scah-grief-support-alameda>
3. Pathways Hospice: <https://pathwayshealth.org/grief-support-groups-and-workshops/>
4. Hope Hospice: <https://hopehospice.com/grief-support/>
5. Widows Connection, an online peer community: <https://widowsconnection.org/>

Suicide Loss Support

1. Kara Grief Center: <https://kara-grief.org/services/peer-support/>
2. Alameda County Crisis Support for Alameda County residents: <https://www.crisissupport.org/resources/suicide-loss-survivors/>
3. The Contra Costa Grief Center: 1-800-837-1818
 - a. Offers support due to loss by suicide, murder and other traumatic loss
4. Megan White (mwhite@felton.org) will provide interested callers with additional information and details.
5. Mission Hospice
 - a. A drop-in Suicide Loss group on the 1st and 3rd Thursdays from 6pm to 7:30pm, primarily for those in Santa Clara, San Francisco and San Mateo county. For more information, contact: istenzel@missionhospice.org
6. San Francisco Suicide Prevention: <https://www.sfsuicide.org/grief-support/>
 - a. Offer eight-week peer-led support groups for people who have lost a loved one to suicide. For more information: sfsuicide@felton.org ; 415-984-1900
7. Institute on Aging: <https://www.ioaging.org/services/psychological-services/center-for-elderly-suicide-prevention/grief-services>
 - a. Offers a Saturday morning 10:30 am drop-in grief group with a focus on traumatic loss (free). Offers additional grief groups for a fee. For more information: 415-750-4111
8. Sutter Hospice Santa Rosa: contact Bereavement coordinator Sarah (707-708-1412)
9. Online support groups:
 - a. <https://allianceofhope.org/>
 - b. <https://afsp.org/ive-lost-someone>

- c. <https://afsp.org/find-a-support-group/>
- d. www.parentsofsuicide.com
- e. www.speakingofsuicide.com
- f. <https://losscs.org/for-new-survivors/>

Young Adult Grief Support

1. Kara: <https://kara-grief.org/support-for/adults/young-adults/>
 - a. Group and 1:1 Peer Support for ages 18-35
2. The Dinner Party (peer support for those in their 20's and 30's): <https://www.thedinnerparty.org/>
3. Sutter Hospice: <https://www.sutterhealth.org/services/home-health-hospice/scah-grief-support-alameda>
 - a. "Young Daughters Mother Loss" group for daughters in their 20s and 30s

Youth Grief Support

1. Josie's Place: <https://josiesplace.org/>
 - a. Support groups for children of varying ages and parents
2. Circle of Care: <https://www.ebac.org/services/circle.asp>
 - a. Support groups for children and parents. Offers Spanish language services.
3. Kara: <https://kara-grief.org/support-for/teens-and-children/>
 - a. Support for children of varying ages. Offers Spanish language services.
4. Compassionate Friends: <https://www.compassionatefriends.org/>
 - a. Online support and information for families after the death of a child
5. Sutter Health: <https://www.sutterhealth.org/services/home-health-hospice/grief-support-alameda>

Perinatal Loss Support

1. MEND: www.mend.org
 - a. Website has helpful resources and information
2. HAND (Healing After Neonatal Loss): www.handonline.org ; 888-908-HAND
3. Alta Bates' SAND (Support After Neonatal Death) at Alta Bates: <https://www.sutterhealth.org/absmc/search?q=sand>
4. Postpartum International's Pregnancy & Infant Loss Support Group: <https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>
5. LOSS after SIDS: <https://firstcandle.org/online-support-groups/>
6. Star Legacy: <https://starlegacyfoundation.org/family-support/>
 - a. Support groups, peers support and information
7. DREAMS (Desired Reproductive Health Access for Maternal Services) program (formerly MADRE): <https://acphd.org/dreams/>

- a. Provides health linkages and assists with access to care for underserved women who have experienced the tragedy of losing a baby either during pregnancy or at birth. The DREAMS program also serves women who receive a terminal fetal diagnosis during their current pregnancy, or have a history of preterm labor/delivery. Must have MediCal to qualify.

Jewish Loss Support

1. Jewish Family & Community Services East Bay: <https://jfcs-eastbay.org/support-groups/>
 - a. Bereavement Group meets Mondays 3:30-5 pm. To register call Anne Aronov: 925-927-2000

Alternative Grief Support Groups

1. Sutter Health: <https://www.sutterhealth.org/services/home-health-hospice/scah-grief-support-alameda> ; 510-409-3039
 - a. Move through your Grief Hiking Group. Meets weekly in Tilden Park in Berkeley

Substance Use Related Loss Support

1. Grief Recovery After a Substance Passing (GRASP): <http://grasphelp.org/>

Drop-In Support Groups

1. Washing Hospital in Fremont
2. San Francisco Kaiser: 415-833-3173 ; <https://hospice-nca.kaiserpermanente.org/support/after-your-loss/sf/>
 - a. 1st & 3rd Tuesdays 1-2:30 pm
 - b. 1st & 3rd Fridays 12-1:30
 - c. 2nd & 4th Mondays 6-7:30

LOSS NOT OF A PERSON

Grief from Separation and Divorce

1. www.divorcesource.com: web site with lists of support groups, laws of CA, books, chat rooms, various subjects of divorce. Support groups are open to all.
2. <https://www.divorcecare.org/>
 - a. A Christian based, 13 week support program for people dealing with divorce. Local chapters and on-line information.
3. <https://circlesup.com>
 - a. On-line support groups at different stages of separation and divorce. Fee based.

Post- Abortion Support

1. <https://exhaleprovoice.org/>

Pet loss support

1. Pet Loss Support Groups. Contact the facilitator 24+ hours in advance to receive the zoom link. For questions, contact Jill Goodfriend (510-393-1359)
 - 2nd & 4th Mondays of the month, 7-8:30 pm. Michele Shimamura (925-683-8463)
 - 2nd Tuesday of the month, 6:30-7:30 pm. Cindy Buck (650-302-6012)
 - 2nd Wednesdays of the month, 7-8:30 pm. Jill Goodfriend (510-393-1359)