Grief Support Group Resources

Question: Should I go to a bereavement support group?

Answer: Everyone needs help from others during times of deep grief. Many people talk with their friends and family. Some seek help from clergy or other spiritual advisers. To find a support group, you can contact local faith communities, the YMCA, YWCA, or a local hospice. Support groups aren’t for everyone. So if you try and it doesn’t feel right or seem to help, don’t feel badly about dropping out.

AARP Grief and Loss Programs, Offers a variety of programs in which volunteers reach out to widows. 601 E St., NW Washington, DC 20049 1-800-424-3410, www.aarp.org/~griefandloss/

The Compassionate Friends

Wyandotte County, 2901 N 72nd St. KCK, 66109, 913.238.1890

TCF of North Metro, 1600 N State Route 291, Liberty, MO 64068, 816.436.5034

The Kansas City Chapter, 1000 Carondelet Drive, KCMO, 64114, 816.365.3999

Gilda’s Club of Kansas City, 21 W 43rd St., KCMO 64111, (816) 531-5444 Specialize in support for patients and families coping with cancer and grief

Grief Recovery, St. Mark’s Catholic Church, 3736 South Lee’s Summit Road, Independence, MO 64055, (816) 373-2600. Register at https://stmarksparish.com There is a $50 fee for this 8 week program.

Grief Support Network, all monthly meetings take place at Village Presbyterian Church, 6641 Mission Rd, Prairie Village, KS 66208. Meeting time: 8:30 – 10:00 am. No RSVP needed. www.griefsupportnetwork.org

Grief Support Group, North Kansas City Hospital, 2800 Clay Edwards Dr, North Kansas City, MO 64116, (816) 691-5119. Registration is required, no charge.

Grief Support Group, St. Luke’s Hospice House Conference Room, 3516 summit St., KCMO 64111, (816) 932-5100. Please call for more information & to register or go to www.saintlukeshealthsystem.org/classes-and-events/grief-support-gathering-24

Kansas City Hospice & Palliative Care – 816.363.2600, grief & bereavement program listings at www.kansascityhospice.org
Solace House, 8012 State Line Rd, Suite 202, Shawnee Mission, KS 66208, (913) 341-0318  Specialize in helping children through grief and loss

Suicide Awareness Support (SASS), 913-681-3050, supports the MOKAN metropolitan area. Support groups are peer led and open to anyone grieving from the death of a suicide. http://www.sass-mokan.com/UnitingSurvivors/

Widowed Persons Service, Inc. Kansas City, (913) 648-1520, call for classes or other support services, info@widowedpersonsservice.org

Web Pages

AARP Information for widows and widowers, 601 E St., NW Washington, DC 20049 1-800-424-3410 www.aarp.org/griefandloss

Cafe Hope, Virtual support group hosted by St. Luke’s Hospice Bereavement, Tuesday 2-3pm, Learn more by calling 816-502-8917.

Grief and Renewal, www.griefandrenewal.com
This site is dedicated to the belief that our personal grief can lead to our personal growth and a widening of awareness and caring for all of those around us who suffer loss.

Hospice Foundation of America, www.hospicefoundation.org  Offers information to professionals and families about caregiving, terminal illness, loss and bereavement
Parents Without Partners, www.parentswithoutpartners.org  Offers support, information and resources for single parents

Widow Net, www.widownet.org
Widownet is an information and self-help resource for, and by, widows and widowers.