

Community Resources

Because grief can make you feel isolated and lonely, it is important that you reach out and ask for support. When grieving, your family and close friends are often the best resources. They love you and accept you. They are the people who usually know you best and understand what you are going through. However, sometimes you may need additional support.

Loss of a loved one can shake our foundations, challenge our spiritual beliefs and drain emotional and physical energy. Support from a minister, rabbi, priest or other spiritual advisor can be very helpful. They can help you sort out the meaning of the loss, and help you regain balance and a sense of direction.

Support groups can also be valuable by supporting you through the grieving period. These groups are led by people who are experienced in helping others deal with specific kinds of losses. Some of these groups are listed on the reverse side of this flyer.

Services are offered in a variety of areas and at various times. If you need assistance finding a group, please contact us.

Contact Us

Spectrum Health Hospice
616.391.4200
spectrumhealth.org

Area Grief Support Services

Spectrum Health Hospice

provides ongoing and time limited grief support groups and classes for individuals who have experienced the death of a loved one. Individual grief support is also available focusing on grief, loss, and adjustment.

616.391.4200
spectrumhealth.org/hospice

Gilda's Club

offers support groups and activities for adults, children and teens that have lost a loved one to cancer. Additional programs are available for children and teens who have lost a loved one due to other causes.

1806 Bridge Street NW
Grand Rapids, MI 49504
616.453.8300
gildasclubgr.org

314 South Hudson Street
Lowell, MI 49331
616.897.8600
gildasclubgr.org/lowell

Compassionate Friends

provides support for parents who have lost a child of any age, as well as support for children and teens who have lost a sibling.

877.969.0010
compassionatefriends.org

GriefShare

offers seminars and support groups with a religious theme that meet at a number of area churches.

800.395.5755
griefshare.org

Grief Support Websites

spectrumhealth.org/hospice

A number of helpful web links may be found under the heading of Support for Patients and Families.

www.rivendell.org

Known as **griefnet.org** this is an internet community of persons dealing with grief, death, and major loss.

opentohope.com

An online resource center for people who have experienced loss.

bereavedparentsusa.org

A national non-profit self-help that offers support, understanding, compassion and hope especially to the newly bereaved parents, grandparents, and siblings.

centerforloss.com

Dedicated to companioning grieving people as they mourn transitions and losses that have impacted their lives.

webhealing.com

Interactive grief website offering grief discussion boards where individuals can discuss issues related to grief and healing or browse recommended books for healing.

caringinfo.org

A program of the National Hospice and Palliative Care Organization that provides online resources to help support those who are grieving.