

Grief Support Resource Guide

The following grief support resources have been compiled for you by the Bereavement Ministry of St. Thomas More Parish in Henderson, NV. There are many groups available in the surrounding area, and we have tried to list them in an easy-to-follow format.

The groups have been categorized into General Loss, Loss of a Spouse, Loss of a Child, Loss Following a Murder and Loss following a Suicide, Teen Support and Children's Support), Scripture Readings, Suggested Readings and Internet Websites.

Since group dynamics vary from group-to-group depending upon the facilitator, participants and material, we suggest that you experience several of the groups before deciding which group you will journey with. Please call ahead for all of the groups to make sure that the information has not changed since the time of this printing.

Should you know of a source that you would like to suggest be added to our list, or have any corrections to make in our research, please let us know. We would like to keep our listing as up-to-date as possible.

Please let us know if our Bereavement Ministry can further assist you!

You may contact either of our Bereavement Co-coordinators:

Liz (702) 269-8318 or Eileen (702) 818-3446



*God Bless you on your journey of healing.
Above all, remember that God is with you.*

Adult Programs

Loss of Anyone, Any Cause, Any Age

Toll Free Bereavement Hotline 1-866-797-2277
(Open from 9 AM – 9 PM EST)

Sunday

First Henderson United Methodist Church

609 East Horizon Drive (Horizon & College)

Henderson, NV

Contact: (702) 565-6049

Meets every Sunday at 9:30 am. This program uses the Life After Loss series

Monday

Green Valley Presbyterian Church

1798 Green Valley Parkway (corner of Wigwam & Valle Verde)

Henderson, NV

Contact: (702) 564-9797

Meets the first three Mondays of the month at 6:30 PM

Central Christian Church Support Ministries

Christian Support Group open to all

1001 New Beginnings Dr. (Russell & US 95)

Henderson, NV

Contact: (702) 451-4338

Meetings are held on Mondays from 7 PM to 8:30 PM

Christ the King Widows Group

4925 Torrey Pines Dr.

Las Vegas, NV

Contact: (702) 257-9093 Lois

Meeting at 2:00 PM every Monday

Tuesday

En Espanol: Grupo de Apoyo Moral

(Cuarto de Actividades en Edificio Hospicio)

Cada Martes de 11:00 AM Hasta 12 PM

Hable: 796-3126

Odyssey Hospice

4011-A McLeod (Flamingo)

Las Vegas, NV

Contact: (702) 693-4912

Camille Becker

This groups meets from 3:00 PM to 4:30 PM on Tuesdays and on Thursdays (see Thursday listings). Call for further information

St. Peter's Catholic Church
204 S. Boulder City Hwy.
Henderson, NV
Contact: (702) 564-3322 Bonnie Martinez
Meetings every Tuesday at 7:00 PM

Creekside Hospice
3626 Pecos-McLeod, Suite 15
Las Vegas, NV
Contact: (702) 650-7669 Melissa

Wednesday

Nathan Adelson Hospice East,
4141 S. Swenson St., Las Vegas, NV
Each Wednesday at 5 PM
Contact: 796-3126

Christ the Servant Lutheran Church
2 S. Pecos Rd. (Corner of Pebble & Pecos)
Henderson, NV
Contact: (702) 456-7356 or (702) 263-0802 Ilse Ruhl
This group meets the third Wednesday of each month at 11:30 am.
Sometimes the group meets for lunch at various locations. Please call before attending.

St. Rose Hospital Bereavement Group
Meets at the Barbara Greenspun Women's Care Center
100 N. Green Valley Parkway, Suite 330
Henderson, NV
Contact: (702) 616-5500
This group meets the 2nd and 4th Wednesday of each month, from 6 PM to 7 PM.

St. Rose Hospital Bereavement Group
Meets at the Barbara Greenspun Women's Care Center
102 E. Lake Meade Parkway
Henderson, NV
Contact: (702) 616-5500 Chaplin Richard Smith
This group meets the 1st and 3rd Wednesday of each month, from 10:30 AM to 11:30 AM

Thursday

Creekside Hospice: Men's Breakfast Support Group
3675 Pecos-McLeod, Suite 900
Las Vegas, NV
Contact: (702) 650-7669 This group meets at 10 AM

Green Valley United Methodist Church
2200 Robindale Rd., Henderson, NV 89074
Contact: (702)454-7989 Email: greenvalleychurch@gvumc.org, Web: <http://www.gvumc.org>
Times: 6:30 pm – 8:30 pm, One time cost: \$20.00
Green Valley Methodist is pleased to sponsor GriefShare, a non-denominational, national seminar which uses discussion and video to encourage those who grieve the loss of someone close. You are welcome to begin attending the GriefShare group at any session. Each is "self-contained," so you do not have to attend in sequence. You will find encouragement and help whenever you begin. You will be able to continue with GriefShare through the next cycle. More information is available at www.griefshare.org.

Palms at Sienna

2910 W. Horizon Ridge Dr.
Henderson, NV
Contact: (702) 614-8733 Andrea
This group meets on the 2nd Thursday of each month at 2 PM in the Library

Odyssey Hospice

4011-A McLeod (Flamingo)
Las Vegas, NV
Contact: (702) 693-4912
Camille Becker
This groups meets from 3:00 PM to 4:30 PM Thursdays (also on Tuesdays...see Tuesday listing).
Call for further information

New Hope Hospice of Nevada

#8 Sunset Way, Suite 101
Henderson, NV
Contact: Rev. Judy Andrews (702) 736-8180
This group meets the 2nd & 4th Thursday, from 11 AM to 12 Noon. Call to confirm.

Nathan Adelson Hospice East, Bereavement for Seniors

4131 S. Swenson St., Las Vegas, NV
Meets the 1st & 3rd Thursday of each month at 10 AM in the Group Room
Contact: (702) 796-3126

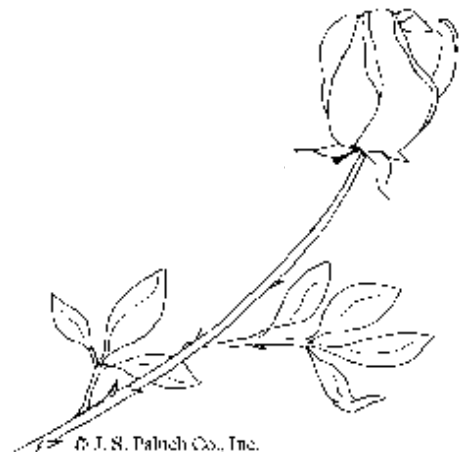
Friday

Nathan Adelson Hospice East,

4141 S. Swenson St., Las Vegas, NV
1st & 3rd Fridays at 10 AM
Contact: (702) 796-3126

GriefShare Grief Recovery Program

4925 Torrey Pines Dr.,
#1 Activities Center
Las Vegas, NV
Contact: 254-8596 Linda or Jim Dammeyer
Meeting at 6:00 PM every Friday



Loss of an Infant

Resolve through Sharing (*miscarriage, stillbirth, early new-natal death*)

Sunrise Hospital

3186 S. Maryland Parkway

Contact: (702) 731-8222

This group meets on the 2nd Tuesday each week at 7:00 PM in the Rendezvous Room

SIDS (*Sudden Infant Death Syndrome*)

1600 Pinto Lane (North of UMC & Valley Hospital)

1) Bereavement group held on the 3rd Tuesday at 7:00 PM

2) Parent-to-Parent contacts/support

3) One-on-one support

Contact: Susan (702) 455-3409 or Leslie (702) 455-3565

St. Rose Hospital Women's Care Center

100 N. Green Valley Parkway, Henderson

4th Tuesday of each month at 7:00 PM

Contact: (702) 731-8237

Compassionate Friends (see information below)

Loss of a Child

Compassionate Friends (Children & Infants)

Compassionate Friends ask that you call directly to them to find the dates and times of the local chapter. The information changes from time-to-time and they will always have the most up-to-date information.

Toll-Free: 877/969-0010

Fax: 630/990-0246

Website: www.compassionatefriends.org

Email: nationaloffice@compassionatefriends.org

Address: The Compassionate Friends

P.O. Box 3696

Oak Brook, IL 60522-3696

Bereaved Parents of the USA

2nd Tuesdays at 7:00 PM

Nevada Power, Torrey Pines and Jones, 3rd Floor

- or -

4th Tuesdays at 7:00 PM

Community Lutheran Church (*downstairs-Support Staff Entrance*)

3720 E. Tropicana

Las Vegas, NV

Contact: (702) 393-1810

Candlelighters (no Support Group)

1) Match families

2) Provide one-on-one phone calls

3) Sponsor Annual 1 year memorial events

4) Provide professional counseling

Contact: (702) 737-1919

Teen Programs

Center for Compassionate Care

4131 S. Swenson St, Las Vegas, NV
(Next door to Nathan Adelson Hospice)
Tuesdays at 6 PM
Teens 13-18 yrs.
One-on-one counseling on Tuesdays (by appointment)
Contact: (702) 796-3167

Good Grief for Teens (middle school-high school)

Canyon Ridge Christian Church
6200 Lone Mountain Rd. (at Jones)
Contact: (702) 648-1234 Jodi
Meets most Thursdays at 7:00 PM

Survivors of Suicide

National Suicide Prevention Lifeline (1-800-273-TALK [8255])

Survivors of Suicide

Christ the King Parish
Meets the 3rd Thursday of the month at 6:30 PM. Join our group and let the healing begin. All is possible through Christ. Contact Gil Canlas at (702) 365-9948.

Suicide Survivors Hotline (702) 731-2990

Call for locations and times

Canyon Ridge Christian Church

200 W. Lone Mountain Rd.
Las Vegas, NV 89130
2nd and 4th Mondays at 7 PM
(702) 685-2722 or Sharon at (702) 496-0177

Barbara Greenspun WomensCare Center

100 N. Green Valley Parkway, Suite 330
Henderson, NV 89074
(I-215 & N. Green Valley Pkwy)
Meets 1st & 3rd Tuesday from 6:30 pm to 8 pm
Telephone: (702) 616-4900 or Linda Flatt at (702) 486-8225 or lflatt@cox.net
www.survivingsuicide.com

Murder Survivors

Murder Victim Survivors Support

Grant Sawyer Building
2nd Thursday at 7:00 PM
Contact: Sandy (702) 873-5696
Ron (702) 270-6524

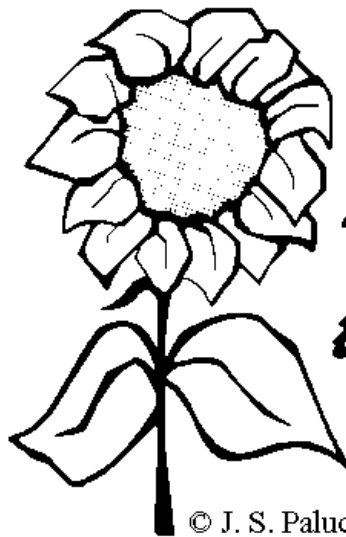
Children's Programs

Center for Compassionate Care

4131 S. Swenson St, Las Vegas, NV
(Next door to Nathan Adelson Hospice)
Tuesdays at 5 PM
One-on-one counseling on Tuesdays (by appointment)
Children 9-12 yrs.
Contact: 796-3167

Community Counseling Center

1120 Almond Tree Lane #270
Las Vegas, NV
Contact: Shari (702) 369-8700
Wednesdays at 4:00 PM



*From Death
to New Life*

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Scriptures to Comfort those who Mourn...

- Exodus3:7** Then the Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying and am concerned about their sufferings.
- Psalms 22:24** For He has not despised or disdained the suffering of the afflicted one, He has not hidden His face from him but has listened to his cry for help.
- Psalms 23:4** Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me.
- Psalms 25:16-18** Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged. bring me out of my distresses. Look upon my afflictions and my trouble, and forgive my sins.
- Psalms 31:9** O' Lord have mercy on me in my anguish. My eyes are red from weeping; my health is broken from sorrow.
- Psalms 30:5b** Weeping may endure for the night, but joy comes in the morning.
- Psalms 34:15** The eyes of the LORD are on the righteous and His ears are attentive to their cry.
- Psalms 46:1** God is our refuge and strength, a very present help in times of trouble.
- Psalms 46:10** Be still and know that I am God...
- Psalms 68:19** Praise be to the LORD, to God our Savior, who daily bears our burdens.
- Psalms 119:76-77** May your unfailing love be my comfort, according to your promise to your servant. Let your compassion come to me that I may live, for your [Word] is my delight.
- Psalms 147:3** He heals the broken heartened, binding up their wounds.
- Proverbs 3:6** Trust in the Lord with all your heart and lean not on your own understanding.
- Ecclesiastes3:1-4** To every thing there is a season, a time to every purpose under the heaven: a time to be born, a time to die, a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal, a time to break down, and a time to build up; A time to weep, and a time to laugh, a time to mourn and a time to dance.
- Isaiah 49:13b** For the Lord hath comforted His people, and will have mercy on His afflicted.
- Jeremiah 31:13** I will turn their mourning into gladness. I will give them comfort and joy instead of sorrow.

New Testament...

- Matthew 5:4** Blessed are those that mourn, for they shall be comforted.
- John 11:33-35** When Jesus saw her weepingHe groaned in spirit and was troubled. "Where have you lain him?" Jesus asked .They said unto Him, "Come and see." Jesus wept.
- John 14:1-3** Let not your heart be troubled; believe in God, believe also in Me. in My Father's house are many mansions
- John 14:18** No, I will not abandon you or leave you as orphans in the storm-I will come to you.
- John 14:27** I am leaving you with a gift-peace of mind and heart! And the peace I give is not fragile like the peace the world gives. So don't be troubled or afraid.
- John 16:33** I have told you these things so that you will have peace of heart and mind, Here on earth you will have many trials and sorrows, but cheer up, for I have overcome the world,
- Romans 15:13** May the God of hope fill you with all joy and peace as your trust in him, so that you may overflow with hope by the power of the Holy Spirit.
- 1 Corinthians 12:9-10** But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness". Therefore will I boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
- 2 Corinthians 1:3-4** What a wonderful God we have-He is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials.
- 2 Corinthians 2:3-5** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.
- Philippians 4:6-7** Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- 1 Thessalonians 4:13** Brothers we don't want you to be ignorant about those who fall asleep: or to grieve like the rest of men who have no hope.
- 2 Thessalonians 2:16+17**
- Revelation 21:4** He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain...

Suggested Readings

Awakening from Grief by John E. Welshons and Wayne Dyer

Who Dies? by Stephen Levine and Ondrea Levine

A Year to Live: How to Live This Year as If It Were Your Last by Stephen Levine

Kitchen Table Wisdom: Stories That Heal by Rachel Naomi Remen

My Grandfathers Blessings: Stories of Strength, Refuge, and Belonging by Rachel Naomi Remen

*****Note: The above titles are available to you through
the St. Thomas More Bookstore*****

Bereavement's Living with Loss

A magazine of Hope and Healing, published six times a year.

www.bereavementmag.com

1-888-604-4673

Readings for Children and Teens Coping with Death

- **Bereaved Children and Teens**
by Earl Grollman. Beacon Press, 1995.
- **Flamingo Dream**
by Donna J. Napoli. Greenwillow, 2002.
- **Gentle Willow A Story for Children about Dying**
by Joyce Mills. Magination, 2004.
- **The Grieving Child**
by Helen Fitzgerald. Fireside Book, 1992.
- **The Grieving Teen**
by Helen Fitzgerald. Fireside Book, 2000.
- **Guiding Your Child Through Grief**
by Mary Ann & James Emswiler. Bantam Books, 2000.
- **Help for the Hard Times Getting through Loss**
by Earl Hipp. Hazelden, 1995.
- **Helping Children Cope with the Loss of a Loved One**
by William Kroen, Spirit, 1996.
- **Lifetimes: The Beautiful Way to Explain Death to Children**
by Bryan Mellonie and Robert Ingpen. Bantam Books, 1983.
- **A Pillow for My Mom**
by Charissa Sgouros. Houghton Mifflin, 1998.
- **Rudi's Pond**
by Eve Bunting. Clarion, 2004.
- **The Saddest Time**
by Norma Simon. Albert Whitman & Company, 1986.
- **A Story for Hippo: A Book About Loss**
by Simon Puttock et al. Scholastic Press, 2001.
- **Straight Talk About Death for Teenagers**
by Earl Grollman. Beacon Press, 1993.

- **When the Sun Goes Down: A Serendipitous Guide to Planning Your Own Funeral**
by Betty Breuhaus. iUniverse, Inc. 2007.
- **Talking About Death: A Dialogue between Parent and Child**
by Earl Grollman. Beacon Press, 1990.
- **Talking with Children About Loss**
by Maria Trozzi. A Perigee Book, 1999.
- **What is Death**
by Etan Bortizer. Veronica Lane Books, 2004.
- **What on Earth Do You Do When Someone Dies?**
by T. Romain. Free Spirit, 1999.
- **What's Heaven?**
by Maria Shriver. Golden Books, 1999.

Internet Support Sources

<http://sadly-missed.com>

Opportunity for on-line memorials. This source seemed to have a lot of comforting poetry, quotes, reflections, etc. that you can use in your ministry, tips on how to write sympathy notes (both brief and longer...), etc.

<http://www.centerforloss.com/> Center for Loss and Life Transitions: Dr. Wolfelt
Healing Rites for Children, Articles, Compassionate Press Bookstore

www.willowgreen.com

www.centering.org

www.bereavedparentsusa.org

www.aplacetoremember.com

www.wisc.edu/wissp (Stillbirth)

www.angels4ever.com (Infant/miscarriage/stillborn/Neonatal death)

www.griefnet.org/kidsaid (Sibling grief)

www.hopeforbereaved.com

www.sids.com (Sudden Infant Death Syndrom)

www.pbs.org/weblab/living (suicide)

www.pomc.org (murder)

www.aarp.org/griefandloss/

www.info4nv.org

www.nfda.org

www.beliefnet.com

www.grieflossrecovery.com