



GRIEF RESOURCES: Families & Professionals

LOCAL:

Brooke's Place: (Serving the Greater Indianapolis Area)

Peer Support Groups: Ages 3-20s, and their adult caregivers, who are *grieving the death of a significant person*. Two evenings per month. Groups are held on Mondays and Thursdays at St. Luke's United Methodist Church (north side Indianapolis), and on Tuesdays at Westside Church of the Nazarene (west side Indianapolis).

To get enrolled, complete Support Group Forms through the Brooke's Place website at www.brookesplace.org.

All families are offered the opportunity to contribute \$30.00 per month to help cover the costs of the program; however, no one is turned away based on the ability to pay.

Therapy Services (Individual Counseling): Ages 3-20s, and adults who have children ages 3-20s, who are *anticipating or are grieving the death of a significant person*. Complete Therapy Services Forms on the Brooke's Place website www.brookesplace.org to get placed with a therapist. Sliding Scale Fee.

Camp Healing Tree www.brookesplace.org

Grief & Loss Library Database: Download a complete listing of over 700 books on various grief & loss topics through the Brooke's Place website: www.brookesplace.org.

Community Education: Professional workshops (continuing education) and Group Facilitator Trainings

**See www.brookesplace.org for Current Dates & more information about fees and how to register.

St. Luke's UMC (Indianapolis, IN): Adult grief support group

A spousal/significant other loss support group **meets on Sunday afternoons**. Childcare will be available by reservation. Email jackilong@aol.com for more information and registration. There are no fees.

Community Health Network Bereavement Programs

IU Health - Hope in Healing Pediatric Bereavement Programs (Adults & Children) 317-963-0829

St. Vincent Bereavement Programs (Indianapolis, IN) (Adults & Children) 317-338-4040

St. Francis Bereavement Programs (Adults & Children) 317-528-2636

Spreading our Youthful Wings Youth Support Group for ages 9-17, who are survivors of suicide or attempt survivors, held at St. Mark the Evangelist Catholic Church 6118 Smock Dr. Indianapolis, IN 46227 (southside) 2nd Thursday of each month at 7:00pm. Prior to attending, please CONTACT: Donna Sadler dsadler.afsp@gmail.com or 317-522-8673.

Paws and Think www.pawsandthink.org is a non-profit organization focused on our at risk community, both human and canine, through a variety of programs.

Parker's Place Foundation www.parkersplacefoundation.org Bringing together parents who have experienced perinatal or infant loss and providing them a place to connect, remember & renew through programs & resources designed to support the grieving process.

The TEARS Foundation (Indiana Chapter) www.thetearsfoundation.org Seeks to compassionately lift a financial burden from families who have lost a baby by providing funds to assist with the cost of burial or cremation services. The TEARS Foundation also offers grief support groups and peer companions.

I-CART: (Indiana Crisis Assistance Response Team) www.i-cart.org I-CART follows the NOVA crisis response model & protocol, assisting victims & survivors of crime, trauma, and disasters at the scene of a traumatic event or at a designated site following the event.

Legacy House

Flight1 www.flight1.org serves children 5-18 who have a health challenge, have a parent or sibling with a health challenge, or have had a close family member die from a health challenge. Flight1 offers opportunities for children to build confidence by learning more about & experiencing the world of aviation at many levels.

Camp Erin <http://www.ecommunity.com/s/camp-erin-indianapolis/children-teen-grief-camp/>

Camp Kesem Indiana University <http://campkesem.org/indiana> is a student-run summer camp for children who have or had a parent with cancer.

Dads Groups: "What we have in common is the death of a son or daughter."

www.tuesdayswiththedads.org/

NORTHSIDE: Meet Every Tuesday morning at 7am, located at the Hilton Indianapolis North (main level dining room) 8181 N. Shadeland Ave. Indianapolis, 46250

SOUTHSIDE: Meet Every Thursday morning at 7am, located at Denny's Restaurant (65 & Greenwood, IN Exit)

www.makejoyfulmelodies.com (Indianapolis, IN) Joyful Melodies provides music therapy services for preschoolers, children, and teenagers affected by grief. Music therapists use music listening, singing, instrument playing, and/or songwriting to help clients process and express emotions. No prior musical experience is necessary to benefit from music therapy.

Bloomington:

A suicide bereavement support group for children & teens will begin in January, 2015. This group will meet once per month. For more information contact Nancy Woolery at (812) 349-3851.

Lafayette:

The BRIDGE "By Remembering I Develop & Grow"- 8week program for grieving children, teens and adults held once or twice per year. Interested families can contact Dr. Heather Servaty-Seib at (765) 494-9738 or servaty@purdue.edu.

Websites:

Coalition to Support Grieving Students www.grievingstudents.org

Scholastic Children & Grief: Guidance & Support Resources for Teachers & Families www.scholastic.com/childrenandgrief

New York Life Grief Guides:

<http://www.newyorklife.com/nyl/v/index.jsp?contentId=17798&vgnnextoid=1ec16f21189d2210a2b3019d221024301cacRCRD> "When Families Grieve" is hosted by Katie Couric & the characters of Sesame Street, experiencing the death of a parent. "After a Loved One Dies-How Children Grieve" (And how parents and other adults can support them)

Keepsake Memory Quilts debbielangequilting@gmail.com C# 317-385-0688/H#317-773-2534 Facebook: Debbie Lange Quilting

The Dinner Party <http://thedinnerparty.org/>

"We are the Dinner Party, a community of mostly 20 and 30 somethings who have each experienced a significant loss."

The Shared Grief Project houses short videos (12-18 mins) highlighting the stories of highly respected celebrities who have experienced the loss of a parent or sibling at a young age. Visit <http://thesharedgriefproject.org/> for more information.

Soaring Spirits Loss Foundation www.sslf.org mainly supports those who have been widowed. "Camp Widow" www.campwidow.org is one of the resources offered and is a weekend camp meeting twice per year.

After Talk: Write. Share. Always There. A place where kids & families can write to their deceased loved one and share with family and friends if they choose. www.aftertalk.com

Association for Death Education and Counseling
www.adec.org

American Hospice Foundation
www.americanhospice.org

Children's Grief Education Association
www.childgrief.org

www.compassionatefriends.org

<http://www.injennieskitchen.com/>

www.newhope-grief.org

www.GriefNet.org

Mental Health Association www.nmha.org

American Academy of Children and Adolescent Psychiatry
www.aacap.org

The Centering Corporation
www.centering.org

Center for Loss and Life Transition
Many resources, including "The Helping Series Brochures"
www.centerforloss.com

www.grieving.com

On-line grief support for multiple grief issues.

www.youngwidow.org

Grief Digest Magazine www.griefdigestmagazine.com

Websites: (continued)

International Critical Incident Stress Foundation
www.icisf.org

The National Child Traumatic Stress Network
www.nctsnet.org/

National Organization of Victim Assistance (NOVA)
www.try-nova.org

PBS
<http://www.pbs.org/parents/whenfamiliesgrieve/index.html>

Bereaved Parents of the USA
<http://www.bereavedparentsusa.org/>
www.opentohope.com

Military Related Deaths www.taps.org

Transforming Loss- A Healing Process (3 day retreat): <http://www.judithburdick.com/transforming-loss-red-mountain-retreat/>

Grief Professionals:

Kenneth Doka	Linda Goldman	J. William Worden	Therese Rando	Colin Murray Parkes	Donna Schuurman
Darcie Sims	Earl Grollman	Alan Wolfelt	Robert A. Neimeyer	John Bowlby	Tashel Bordere
Stacy Orloff	Carol Wogrin	Pamela Gabbay	Donna Gaffney	Andy McNiel	Alesia Alexander Layne
Annette March-Grier		Edwin Schneidman	Dr. David Schonfeld	Dr. Heather Servaty-Seib	

Resources specific to Substance-Related Losses:

www.whatsyourgrief.com is a grief & bereavement blog that has articles specifically related to substance-related losses.

www.grasphelp.org GRASP (Grief Recovery After Substance Passing) supports those who are grieving an overdose death. GRASP groups meet all over the country.

www.broken-no-more.org online forums, articles, & resources for those grieving substance abuse deaths.

www.momstell.org gives information about substance abuse treatment, recovery, education, and prevention.

www.nar-anon.org and www.al-anon.alateen.org are peer support groups for family members of those suffering from alcoholism or addiction. Though these are not grief groups, many people find support in these groups while a family member is struggling with addiction or following drug & alcohol addiction deaths.

Resources specific to Suicide: Prevention, Intervention and Support

****If you are in CRISIS, call: 1-800-273-TALK (8255)**

www.afsp.org American Foundation for Suicide Prevention-Understanding and preventing suicide through research, education & advocacy

www.afsp.org/indiana AFSP Indiana Chapter (Out of the Darkness Walks, Trainings, Advocacy)

www.survivorsofsuicide.com

www.pos-ffos.com Parents of Suicides/Friends & Families of Suicides

www.chauciesplace.org Lifelines program

Resources specific to Cancer & Cancer Support:

<http://www.cancersupportcommunity.org/>

<http://www.cancer.org/cancer/bookstore/acs-books-for-children>

Free download: "When a Parent has Cancer"

<https://pubs.cancer.gov/ncip/searchres.aspx?sid=5gy0p2edAaU7ktVO%2f03ADw%3d%3d>

For children who have a parent with cancer: <http://kidskonnected.org>

Local: <http://littlereddoor.org/> <http://littlereddoor.org/door-to-wellness>

<http://cancersupportindy.org/> <http://cancersupportindy.org/wp-content/uploads/2014/08/CSC-Calendar.pdf>

<http://www.stvincent.org/St-Vincent-Indianapolis/Healthcare-Services/Cancer-Care.aspx> St. Vincent's Hospital 86th Street in Indianapolis has support groups. They also have art and music therapy, yoga and massage.

Rootedsouls.org Not cancer specific but it is a retreat center run by therapists.

www.bereavementmag.com

2 Kids 4 Kids By Kids www.kidsaid.com

The National Alliance for Grieving Children (NAGC)
www.childrengrieve.org

This site provides a listing of statewide grief support centers
Brooke's Place is a member of the NAGC.

www.beyondindigo.com

www.widowedvillage.org

www.widowedparent.org

<http://www.jewelrykeepsakes.com/>

<http://www.mastersincounseling.org>

115 Helpful Websites on Grief & Bereavement

Worries, Fears & Anxieties: These are very common for grieving children.

"What To Do When You Worry Too Much: A Kid's guide to Overcoming Anxiety" by: Dawn Huebner & Bonnie Matthews

"When My Worries Get Too Big!" by Kari Dunn Buron

"The Ungame" for all age groups

"What to Do When You Are Scared and Worried" by James Crist

"Jenga"

"The Talking, Feeling, Doing Game"

"Loaded Questions"

"Talk Blocks"

Nationwide Grief Support Centers:

(For a more comprehensive listing go to www.childrengrieve.org)

www.dougy.org Portland, OR

www.elesplace.org Ann Arbor & Lansing, Michigan

www.erinshouse.org Ft. Wayne, IN

www.ryans-place.org Goshen, IN

www.fernside.org Cincinnati, OH

www.bosplace.org Houston, TX