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

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 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](http://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.

**Bloomingtion:**
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](mailto:servaty@purdue.edu).

**Websites:**
- [Coalition to Support Grieving Students](http://www.grievingstudents.org)
- [Scholastic Children & Grief: Guidance & Support Resources for Teachers & Families](http://www.scholastic.com/childrenandgrief)
- [New York Life Grief Guides](http://www.newyorklife.com/nyl/v/index.jsp?contentId=17798&vgnextoid=1ec16f21189d2210a2b3019d221024301cacRCRD)
- [“When Families Grieve”](http://www.newyorklife.com/nyl/v/index.jsp?contentId=17798&vgnextoid=1ec16f21189d2210a2b3019d221024301cacRCRD) 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](http://debbielangequilting@gmail.com)
- [The Dinner Party](http://thedinnerparty.org/)
- [The Shared Grief Project](http://thesharedgriefproject.org/) 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/](http://thesharedgriefproject.org/) for more information.
- [Soaring Spirits Loss Foundation](http://www.sslf.org) mainly supports those who have been widowed. “Camp Widow” [www.campwidow.org](http://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](http://www.aftertalk.com)

- Association for Death Education and Counseling [www.adec.org](http://www.adec.org)
- American Hospice Foundation [www.americanhospice.org](http://www.americanhospice.org)
- Children’s Grief Education Association [www.childgrief.org](http://www.childgrief.org)
- [www.compassionatefriends.org](http://www.compassionatefriends.org)
- [www.newhope-grief.org](http://www.newhope-grief.org)
- [www.GriefNet.org](http://www.GriefNet.org)
- Mental Health Association [www.nmha.org](http://www.nmha.org)

- American Academy of Children and Adolescent Psychiatry [www.aacap.org](http://www.aacap.org)
- The Centering Corporation [www.centering.org](http://www.centering.org)
- Center for Loss and Life Transition [www.centerforloss.com](http://www.centerforloss.com)
- Many resources, including “The Helping Series Brochures”
- [www.grieving.com](http://www.grieving.com)
- On-line grief support for multiple grief issues.
- [www.youngwidow.org](http://www.youngwidow.org)
- Grief Digest Magazine [www.griefdigestmagazine.com](http://www.griefdigestmagazine.com)

6/15/2018
Websites: (continued)

International Critical Incident Stress Foundation (ICISF)  
www.icisf.org

The National Child Traumatic Stress Network  
www.nctsn.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):  

Grief Professionals:

Kenneth Doka  Linda Goldman  J. William Worden  Therese Rando  Colin Murray Parkes  Donna Schuurman
Darice 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-flos.com  Parents of Suicides/Friends & Families of Suicides

www.chauciesplace.org  Lifelines program

Resources specific to Cancer & Cancer Support:

www.cancersupportcommunity.org/


Free download: "When a Parent has Cancer"  
https://pubs.cancer.gov/ncipl/searchres.aspx?sid=5gy0p2edAaU7ktVO%2f03ADw%3d%3d

For children who have a parent with cancer:  
http://kidskonnected.org  
Local:  
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.
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
"What to Do When You Are Scared and Worried" by James Crist
"The Talking, Feeling, Doing Game" by James Crist
"Jenga"
"The Ungame" for all age groups
"Loaded Questions"
"Talk Blocks"

Nationwide Grief Support Centers:
(For a more comprehensive listing go to www.childrengrieve.org)
www.ryans-place.org Goshen, IN www.fermside.org Cincinnati, OH www.bosplace.org Houston, TX