

## **GRIEF SUPPORT RESOURCES IN THE EAST VALLEY**

### **In Person Support Groups:**

***Holy Cross Church***, 1244 S. Power Road, Mesa, meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month, 10:30 a.m., classroom D, from September through June

***St. George's Catholic Church***, 300 E. 16<sup>th</sup> Avenue, Apache Junction, meets every Thursday at 9:30 a.m. in room 6

***Our Lady of Mt. Carmel Catholic Church***, 2121 S. Rural Road, Tempe, meets the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month at 1:00 p.m. Contact: Jan at 480-562-9830

***Church of the Holy Spirit***, 1800 E. Libra Drive, Tempe, meets the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month, 10:15-11:30 a.m. in classroom 9

***The Compassionate Friends, Mesa-Tempe Branch*** for people who are grieving the death of their children, meets 2<sup>nd</sup> Tuesday of each month at 7 pm at College View Baptist Church, 1810 S. Longmore, Mesa. For more information contact Debbie at 480-401-2347.

### **In Person Bereavement Series:**

***All Saints Catholic Church***, 1534 N. Recker Road, Mesa, 6 meetings on Tuesdays, 9:15 a.m. to 11:00 a.m., July 12-August 16, 2018

### **Online:**

**Grief Net, general grief support**, access at <http://www.griefnet.org/>. Organization uses an email approach where one member of the group sends out an email that goes to all the members of the group who then respond

**The Compassionate Friends, for parents and family members grieving death of a child**, access at <https://www.compassionatefriends.org/find-support/online-communities/online-support/>.

**Widower Support Group, for men grieving wife's death**, access at <https://widower.supportgroups.com/welcome>. Click on "Join" to set up an account for online support.

***If you used a hospice organization for your loved one, check with that organization to see if it offers bereavement counseling or support groups.***