

GRIEF SUPPORT RESOURCES IN THE EAST VALLEY

In Person Support Groups:

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

St. George's Catholic Church, 300 E. 16th 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 1st and 3rd 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 2nd and 4th 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 2nd 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.

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.