

# Grief Resources

## Books

- *I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Death of a Loved One.* By Brook Noel and Dr. Pamela Blair
- *Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies.* By Dr. Alan Wolfelt
- *Now That the Funeral is Over.* By Dr. Rosemary Castelli
- *Grief Day by Day: Simple Practices and Daily Guidance for Living With Loss.* By Jan Warner.
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand.* By Megan Devine.

## Area Counselors

New Hope Pastoral Counseling

Barbara Price Martin

302.475.4168

[www.newhopepastoralcounseling.org](http://www.newhopepastoralcounseling.org)

Teri Smith, Licensed Clinical Social Worker (specializes in grief, anxiety and depression)

200 Biddle Ave, Suite 105, Newark DE 19702

302.257.2757

## Support Groups

### **General Grief Support Group**

Cokesbury Village 726 Loveville Road, Hockessin, DE (302) 478-5707 Facilitated by professional counselors from Delaware Hospice, [www.delawarehospice.org](http://www.delawarehospice.org). See website for dates/times.

### **Grief Share – Faith Based Support Group**

GriefShare is a grief recovery support program where you can find help and healing for the hurt of losing a loved one. It is a 13-session program offered in many local churches. Using the Bible to help with grieving, each meeting includes a video seminar, group discussion, and use of a personal study workbook. Check the website. [www.griefshare.org/findagroup](http://www.griefshare.org/findagroup)

### **Seasons of Hope – Catholic Based Support Group**

Catholic Diocese of Wilmington Office for Marriage and Family Life 1626 N. Union Street, Wilmington, DE 19806 [www.cdow.org](http://www.cdow.org) (302) 295-0667. Seasons of Hope is a Catholic support program for the bereaved searching for hope and healing. See website for more information about this 8-week regional support program, dates, and location. Hours of Operation: group currently meets Wednesdays, 1:00 to 2:30 pm but please confirm by calling.

### **Compassionate Friends (Death of a Child)**

Brandywine Valley Baptist Church, 7 Mount Lebanon Road, Wilmington, DE (302) 998-1775 (Linda Simone); (302) 328-5727 (Betty Valentine) [www.brandywinetcf.org](http://www.brandywinetcf.org) An informal peer support group for parents or grandparents who have experienced the death of a child of any age. Offers support, friendship, and understanding. Professional speakers at some meetings. Excellent monthly newsletter is available whether or not you attend group meetings. Usually meets second and fourth week of the month on Tuesdays at 7:00pm but call to confirm.

### **Adult Child Loss of a Parent Support Group**

Delaware Hospice New Castle County: 16 Polly Drummond Center, Newark, DE 19711 Statewide: 1 (800) 838-9800 [www.delawarehospice.org](http://www.delawarehospice.org)

### **Mental Health Association in Delaware (Special Circumstances: Suicide, Murder, Violence)**

100 W. 10<sup>th</sup> St., Suite 600, Wilmington, DE 19801. (302) 654-6833. [www.mhainde.org](http://www.mhainde.org). MHA offers Support Groups to help individual feel less isolated as they manage their personal mental health challenges. Peer-led support groups for people with depression and anxiety are offered.

- **Survivors of Suicide (SOS)** for Grief and Healing Peer-led group for individuals who have lost a loved one or friend to suicide.
- **Survivors of Accidents and Murders (SAM)** Professionally-led groups for families and friends of people whose deaths were sudden and/or violent. Group meets in Wilmington.
- **Families of Veterans Support Group** Professionally-led support groups for families of returning veterans and servicemen post-9/11.