

# Grief Resources

## Local

**Cancer Support Community North Texas:** Offering the following free bereavement support services:

**A: Living with Loss:** An ongoing support group for people whose loved one has died of cancer

**B: Bereavement:** A six-week structured grief support group for those who have lost a loved one to cancer, offered once or twice a year

**C: Grief Busters:** A six-week support group, offered once or twice a year, for school-aged children through age 12, who have had a loved one or friend die from cancer, offered once or twice a year

**Website:** [www.cancersupporttexas.org](http://www.cancersupporttexas.org)

**Phone:** 682-212-5400

**Location:** Texas Health Harris Methodist Hospital Alliance, 10840 Texas Health Trail, Professional Building, Suite 120, Fort Worth, TX 76244

**Requirement:** Must call to schedule an intake appointment in order to determine if program fits applicant needs

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**Compassionate Friends:** A national organization (with Fort Worth location), which offers monthly friendship and support to bereaved families grieving the loss of a child of any age. No charge to participants.

**Website:** <http://www.thecompassionatefriendsfw.com>

**Phone:** 817-875-7490 or 817-475-9363

**Location:** 5001 Briarhaven Road, Room 271, Fort Worth, TX

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**M.E.N.D. Mommies Enduring Neonatal Death:** Provides assistance to families who have suffered the loss of a baby through miscarriage, stillbirth or early infant death through 1 year of age. MEND meets the 2<sup>nd</sup> Thursday of the month at 7:30pm (call first to confirm).

**Website:** [www.mend.org](http://www.mend.org); also on Facebook

**Phone:** 972-506-9000 or [rebekah@mend.org](mailto:rebekah@mend.org)

**Location:** Wells Fargo Bank, 900 West Airport Freeway, Irving, TX 75062, Board Room, First floor

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**Share, Pregnancy & Infant Loss Support:** Serves those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life. All support is free of charge to bereaved parents. Shared Support Group meets the last Thursday of the month at 6:30pm

**Website:** [www.nationalshare.org](http://www.nationalshare.org)

**Phone:** 800-821-6819

**Location:** Call for nearest location

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**Suicide Awareness Coalition of Tarrant County - LOSS Team:** Provides immediate information, resources and outreach to suicide survivors. No charge for services.

**Website:** [www.mhac.org](http://www.mhac.org)

**Phone:** 817-733-9123

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**Survivors of Suicide:** Support group for survivors of suicide loss. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month at MHA. No charge for participants.

**Website:** [www.survivorsof suicidesos.com](http://www.survivorsof suicidesos.com)

**Phone:** 817-277-0660

**Location:** Mental Health of America (MHA) of Tarrant County, 3136 W. 4<sup>th</sup> Street, Fort Worth, TX

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**Trauma Support Services of North Texas, Inc:** Provides on-going, licensed therapy to all ages of trauma survivors, including homicide, suicide, accidental deaths, car crashes, and more.

**Website:** [www.tssnt.org](http://www.tssnt.org)

**Phone:** 972-709-4904

**Area:** Dallas, Denton, Johnson, Parker and Tarrant Counties

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**The WARM Place, Fort Worth:** What About Remembering Me Inc., is a grief support center for children ages 3 to 18, and their families, who have experienced the death of someone they loved. No charge for services.

**Website:** <http://www.thewarmplace.org>

**Phone:** 817-870-2272

**Location:** 809 Lipscomb Street, Fort Worth, TX 76104

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### **National**

**First Candle:** A National Organization which offers crisis counselors 24/ 7 to parents who have experienced a tragic death of an infant through SIDS, stillbirth and other sudden unexpected infant deaths. Spanish counselors are available

**Website:** [www.firstcandle.org](http://www.firstcandle.org)

**Phone:** 800-221-7437

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**Hello, Grief:** Established to start a discussion about the impact of loss and how to assist grieving persons cope, by addressing grief head-on, with real people providing real-life options and sharing real-life stories.

Hello Grief provides:

- Online community support by real people who are walking the walk
- Assistance in creating a memorial Wall or blog
- Referrals to local bereavement organizations
- Validation from your peers to let you know that whatever you are thinking and feeling is OK
- The goal is to understand that it is OK to grieve, talk, cry, be happy and live a full life, even with Grief

**Website:** [www.hellogrief.org](http://www.hellogrief.org)

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**MISS Foundation: Mothers In Sympathy and Support:** An international organization which provides immediate and ongoing support to grieving families when a child dies.

**Website:** [www.missfoundation.org](http://www.missfoundation.org)

**Phone:** 888-455-6477

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**Parents of Murdered Children:** A national organization that offers adult, sibling, friend and Spanish speaking support groups.

**Website:** [www.pomc.com](http://www.pomc.com)

**Phone:** 1-888-818-7662

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**TEEN LINE:** A confidential teen-to-teen helpline assisting teens with problems such as: abuse, AIDS, depression, grief, drugs and alcoholism, gangs, bullying, pregnancy, sexuality, violence, suicide and homelessness.

**Website:** [www.teenlineonline.org](http://www.teenlineonline.org)

**Contacts:** Call: National Toll Free: 800-TLC-TEEN (800-852-8336) from 6p to 10p PST/California time to speak with teen advocate.

Text: "TEEN" to 839863

Email: Click on this link: <https://teenlineonline.org/contact> and submit email

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**T.A.P.S. Tragedy Assistance Program for Survivors:** A national organization made up of, and providing services to, those who have lost a loved one while serving in the Armed Forces.

**Website:** <http://www.taps.org>

**Phone:** 1-800-959-TAPS (8277)

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*Meeting dates, times and locations are subject to change.*

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