

National Grief Support Resources:

AARP Grief & Loss

601 E. Street NW
Washington, DC 20049
800-424-3410
www.aarp.org/relationships/grief-loss/

American Foundation for Suicide Prevention

Provides a safe community for those coping with a suicide loss. Includes a wide variety of resources and educational material.

120 Wall Street, 22nd Floor
New York, NY 10005
888-333-2377
www.afsp.org

American Widow Project

Provides peer-support for multi-generational military widows.

P.O. Box 1573
Buda, TX 78610
877-297-9436
Americanwidowproject.org

Compassionate Friends

Supporting family members after the loss of a child.

PO Box 3696
Oak Brook, IL 60522
877-969-0010
www.compassionatefriends.org

HelpGuide.Org

*Expert, ad-free resources providing information on handling grief and bereavement, including coping with loss, stages of grief and how to find help to cope with grief. **Online only.***

www.helpguide.org/topics/grief.htm

TAPS (Tragedy Assistance Program for Survivors)

Immediate and long-term emotional help to those grieving the loss of a loved one in military service.

3033 Wilson Boulevard, Suite 630
Arlington, VA 22201
www.taps.org
202-588-8277

American Childhood Cancer Organization

formerly the Candle Lighters Childhood Cancer Foundation

PO Box 498
Kensington, MD 20895
800-366-2223
www.acco.org

American SIDS Institute

Dedicated to the prevention of sudden infant death syndrome and providing support to those who have lost a child to SIDS.

509 Augusta Drive
Marietta, GA 30067
800-232-7437
www.sids.org

Bereaved Parents of the USA

Open to all parents, grandparents and siblings regardless of the age or the circumstance of the death of their children, grandchildren or siblings.

PO Box 622
St. Peters, MO 63376
Hotline: 800-273-8255

Friends for Survival Inc.

Help and resources after a suicide loss for families and caregivers.

PO Box 214463
Sacramento, CA 95821
916-392-0664
www.friendsforsurvival.org

Mothers Against Drunk Driving

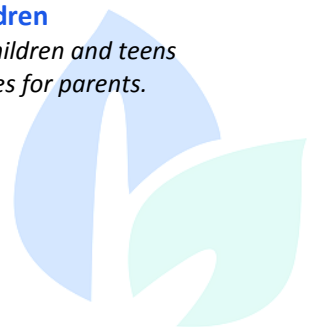
511 E. John Carpenter Freeway, Suite 700
Irving, TX 75062
800-438-6233
www.madd.org

***Parents With Grieving Children**

National Alliance for Grieving Children

Promotes awareness of the needs of children and teens who are grieving and provides resources for parents.

PO Box 2373 - Stuart, FL 34995
866-432-1542
childrengrieve.org



Local Support Groups and Services

It is not uncommon for people to experience difficulty readjusting to life after the death of a loved one. There are bereavement support groups in our community to offer assistance for grieving individuals. Sharing your feelings of grief or anxiety is among the first steps to take towards adjustment to life after your loss. Following is a list of resources for you and your family.

For the Merrimack Valley

Merrimack Valley Hospice General Bereavement Groups

Below is a listing of the general bereavement groups available through Merrimack Valley Hospice. Pre-registration is required to attend all groups. For times, location, more information or additional bereavement options, call (978) 552-4904

- "Beginning the Grief Journey"
- "Learning to Live With Loss"
- "The Grief Journey"
- "Grief to Growth...One Stitch at a Time"

Merrimack Valley Hospice (Specific) Bereavement Groups

Below is a listing of the general bereavement groups available through Merrimack Valley Hospice. Pre-registration is required to attend all groups. For times, location, more information or additional bereavement options, call (800) 475-8335

Widow and Widowers Groups:

- "Moving On Group for Seniors"
- "Young Widow/Widower Group"
- "(All Ages) Widow/Widowers Group"

Special Programs for Children:

- "Children's Bereavement Program: PIZZA and.... (for children 6-13)"

For Adults, Parents and Grandparents:

- Adult "Loss of a Parent"
- "Loss of an Adult Child"

For Men:

- "Men & Grief"

For Southern New Hampshire

Journey of a Sacred Expression of Love (JOSEL)

General bereavement. Through JOSEL the person is accompanied with others who are also grieving, facilitated by trained staff. Each is invited to "walk" alongside others who are also experiencing grief over the loss of a loved one. Special events include summer & winter camps for children, focus on holidays, and moving-on groups. Meeting time: Thursday evenings from 7-8:30pm at St. Julie Hall at St. Joseph Church lower parking lot, 40 Main St., Salem NH. For more information contact Linda O'Reilly: (603) 893-6061

Newly Bereaved Support Group

Provided by the Ingram Senior Center, this six-week support program for the newly bereaved has a specific agenda to help those who are grieving the recent loss of a loved one. It is an opportunity to share stories and explore the process of grieving and healing. Group size limited to six. 6 wks, 1:00-3:00, Multi Purpose Room, Free, *Pre-Registration is required. Please call Salem Senior Services for more information: 603-890-2190

Bereavement Support Program Phase Two

Provided by the Ingram Senior Center, "Phase Two" provides ongoing support for those who have completed Phase One (above). Bi-monthly meetings will be held the 2nd and/or 4th Wednesday at 1:30pm. Contact Senior Services for more information: 603-890-2190



Camp Stepping Stones

Presented by the Bertolon Center for Grief & Healing; A program of Hospice of the North Shore & Greater Boston. A unique opportunity for children and their families who have experienced the death of someone in their lives. For more information, please visit www.hns.org/camp or call (978) 774-5100

Beacon Hospice Inc. Pathways Through Grief

A 6-week general bereavement support group. Free. Available at different times during the year. For dates, times and information, please contact Lu Bonanno at (979) 837-1333

The Samaritans of Merrimack Valley: Safe Place

For survivors of suicide. Free. It is a safe place to talk, listen, be silent, grieve, be accepted, understood, and offer acceptance and understanding to others. Please call (978) 327-6670 for more information.

Women in Transition

This group delivers support to women in transition facing life changes such as: loss of job, divorce, death of a loved one, chronic illness, caring for elders etc. Session cost: \$30+. Location: 6 Greenleaf Woods Dr. Suite 202, Portsmouth, NH.

Web Based Resources

Alan D. Wolfelt, Ph.D [www.centerforloss.com]

Click on "Someone I love has died" for free articles for mourners. It provides specific information on coping with the death of a child, parent, spouse or other.

Hospice Foundation of America [www.hospicefoundation.org/educate-yourself]

Scroll down and click on "Understanding Grief" for a 20 minute webinar on grief basics.

GriefNet [www.griefnet.org]

A Non-Profit, online bereavement support group.

Grieving as a Family [www.sesameworkshop.org/grief]

Great information for families and children who have experienced a loss.

American Associate of Retired Persons [www.aarp.org/relationships/grief-loss]

Dewhirst Funeral Home's Grief Education brochure "How to Cope With Loss for Varying Circumstances" is made available on both of our websites: www.dewhirstfuneral.com and www.goundreydewhirstfuneral.com under RESOURCES



Dewhirst Family Funeral Home's:

Grief Library

Title	Author
On Grieving the Death of a Father	Harold Ivan Smith
God Knows You're Grieving: Things to Do to Help You Through	Joan Guntzelman
The Gift of Significance: Walking People Through a Loss	Doug Manning
Don't Take My Grief Away: What to Do When You Lose a Loved One	Doug Manning
Awakening from Grief: Finding the Road Back to Joy	John E. Welshons
One Step at a Time: Mourning a Child	Betty Madill
For Women Who Grieve: Embracing Life After the Death of Your Partner	Tangea Tansley
Take My Hand	Sharon Marshall
Seasons of Grief and Healing	James E. Miller
Finding Your Way After Your Spouse Dies	Marta Felber
The Journey Through Grief: Reflections on Healing	Alan D. Wolfelt
When There Are No Words: Finding Your Way to Cope With Loss and Grief	Charlie Walton
Chicken Soup for the Grieving Soul: Stories About Life, Death, and Overcoming the Loss of a Loved One	Jack Canfield
When Men Grieve	Elizabeth Levang



A Grief Observed	C.S. Lewis
Explaining Death to Children	Earl Grollman
Don't Let Death Ruin Your Life	Jill Brooke
Healing Your Grieving Heart: 100 Practical Ideas for Families, Friends, and Caregivers	Alan Wolfelt
Healing After Loss: Daily Meditations for Working Through Grief	Martha Hickman
The Other Side of Grief	Darcie Sims
The Death Care Journey	Richard Dewhirst
Widows Walk	Jane Shoemaker
Permission to Grieve	Doug Manning
Smart Planning for Life & Death	Joseph Lane
Lost and Found: Finding Self Reliance After the Loss of a Spouse	Mark Accettura
Grief Therapy for Men	Linus Mundy
Long Term Care: Your Financial Planning Guide	Phyllis Shelton

Titles are available for take-home use upon request. Please be aware that a wide selection of bereavement brochures and additional literature is also available and is updated regularly.



Books Specifically for Grieving Children

Title	Author
Talking with Children About Loss	Maria Trozzi
What on Earth do You do When Someone Dies?	Trevor Romain
Help Me Say Goodbye	Janis Silverman
The Fall of Freddie the Leaf	Leo Buscaglia
The Day I Saw My Father Cry	Bill Cosby
When Dinosaurs Die	Laurie Krasny Brown
What's Heaven?	Maria Shriver
Grandpa Loved	Josephine Nobisso
Gran-Gran's Best Trick	L. Dwight Holden
Lifetimes	Bryan Mellonie
Badger's Parting Gifts	Susan Varley
When Families Grieve: Sesame St. DVD	Sesame Street
I Will Remember You: Guidebook Through Grief for Teens	Laura Dower
A Lesson for Linnea	Regina Nassif
Talk to God, I'll Get the Message: To Help a Young Person Understand Dying and Death	Norman Geller
Saying Goodbye	John Saynor
Straight from the Siblings: Another Look at the Rainbow	From the Center of Attitudinal Healing

