

GRIEF COUNSELING

We have had several requests for virtual grief counseling during this time of so much loss... We have checked with many local groups but have not found any that are meeting on-line at this time. We are hoping that our inquiry has spurred them to consider offering such a service and we will keep you apprised of any updates.

- **Members have referred some counselors who are offering virtual assistance.**

Loren M. Gelberg-Goff, LCSW, CHt

Well Within

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Kathleen McHugh Akbar, Clinical Social Work/Therapist, LCSW

Ridgewood, New Jersey 07450 (201) 701-8257

Call for a free 15-minute consultation. Therapy provided through HIPAA-secure and convenient telehealth with assistance in learning how to participate. Specializing in grief and life transitions with adults and elders (65+)

<https://www.psychologytoday.com/us/therapists/kathleen-mchugh-akbar-ridgewood-nj>

Grief Counseling | Bereavement & Loss Specialists

www.ipgcounseling.com/

(800) 379-9220

- **Bergen County Division of Senior Services references the following options (which you might want to contact once the quarantine time has been lifted):**

AARP Grief and Loss Program 800-687-2277 Offers a wide range of resources and information on grief and loss issues to adults who are bereaved. Family members welcome. Program includes one-to-one outreach support. (e.g. widowed person services), a grief course, support groups, interactive on line support group, information booklets and brochures. www.aarp.org/griefandloss

Hackensack Community Nursing Services - Group Counseling

201-342-7766

21 Main St. Suite 253, Hackensack, NJ 07601

Bergen Community Health Care

201-359-2666

400 Old Hook Road, Westwood, NJ 07675

The Compassionate Friends - Bereavement Support Group for Parents.

201-567-0089 Meets on the 4th Tuesday of the month 7:30pm

301 Sicomac Avenue, Wyckoff, NJ 07481

Holy Name Medical Center - Bereavement Groups for Adults. Three times a year

201-833-3000 ext. 7580

Community Health Services Building

725 Teaneck Road, Teaneck, NJ 07666

Englewood Hospital Bereavement - Support Group

201-894-3333

15 Engle Street, Englewood, NJ 07631

Valley Home Care - Bereavement services for adults and children, both group and individual support offered.

201-291-6395 <http://www.valleyhealth.com/Support Programs>