

## GRIEF COUNSELING

We have gathered this information after having had requests for grief counseling information for themselves, family members or friends during this time of so much loss...

### **NJV members have referred some counselors who are offering virtual assistance:**

**Loren M. Gelberg-Goff, LCSW, CHt** 200 Oak Ave. River Edge, NJ 07661  
O: 201 489-6720 F: 201 489-2416 E: [Loren@LorenGelbergGoff.com](mailto:Loren@LorenGelbergGoff.com)

Virtual Meetings: Monday 7:30-8:30pm (call or email for link)

Licensed Clinical Social Worker with several years of experience including recent personal grief experience.  
Covered by Medicare and supplemental insurance (except HMO Medicare). Private cost: \$150/month (negotiable).

**Kathleen McHugh Akbar, Clinical Social Work/Therapist, LCSW** Ridgewood, New Jersey 07450  
O: 201-701-8257 E: [hello@kathleenmchughakbar.com](mailto:hello@kathleenmchughakbar.com)

<https://www.kathleenmchughakbar.com>

Specializing in grief and life transitions with adults and elders (65+). Convenient telehealth with assistance in learning how to participate. Call for a free 15-minute consultation. \$150 for 50-minute session. Therapy provided on HIPAA-secure site. Sliding scale rates available. Limited number of spots for affordable-therapy clients through Open Path Collective.

**IPG Counseling (Institute for Personal Growth)** Jersey City, New Jersey  
800-379-9220 [www.ipgcounseling.com/](http://www.ipgcounseling.com/) Grief counseling/ Bereavement & loss specialists

### **Bergen County Division of Senior Services references the following options:**

**AARP Grief and Loss Program 800-687-2277**

Resources and information on grief and loss issues include one-to-one outreach support (e.g. widowed person services), grief course, support groups, interactive on line support group, booklets and brochures. Family members welcome.

[www.aarp.org/griefcommunity](http://www.aarp.org/griefcommunity) (Chat Room) <http://www.griefnet.org> (internet community)

<http://www.aarp.org/home-family/caregiving/grief-and-loss> (helpful articles)

<http://www.helpguide.org> (general articles for mental health issues)

**Amedisys Hospice Service 201-342-7766** 21 Main St. Suite 252, Hackensack, NJ 07601

<https://locations.amedisys.com/nj/hackensack/amedisys-hospice-care.html>

Bereavement Counseling: Bereavement counselors support loved ones as they work through grief and other feelings.

**BergenCare Home Health 201-359-2666** 400 Old Hook Road, Westwood, NJ 07675 Home healthcare services.

**The Compassionate Friends 201-567-0089** <https://www.facebook.com/TCFUSA> 301 Sicomac Avenue, Wyckoff, NJ

Bereavement Support Group for parents, siblings, grandparents, and close family members who are going through the natural grieving process following the death of a child of any age (from pre-birth to adult). **Meets 4th Tues 7:30pm**

**Holy Name Medical Center 201-693-7038** Lenore Guido <https://www.holyname.org/covid19/>

Community Health Services Building; 725 Teaneck Rd; Teaneck, NJ 07666

**2 Bereavement Groups for Adults Starting January 21<sup>st</sup>, 2021:** Loss of Spouse: Daytime Other Loss: Evenings

**Englewood Hospital Bereavement 201-894-3333** E: [Maria.clarke@rwjvn.org](mailto:Maria.clarke@rwjvn.org) 15 Engle Street, Englewood, NJ 07631

Support Group: <https://www.engagewoodhealth.org/mental-health-awareness-grief-and-bereavement>

**Valley Home Care 201-291-6246** E: [ctsaglo@valleyhealth.com](mailto:ctsaglo@valleyhealth.com) 15 Essex Rd # 301, Paramus, NJ 07652

<https://www.valleyhealth.com/services/home-care/hospice-end-life-care/bereavement-services>

Bereavement services for adults and children, both group and individual support offered.

Groups run from 8-52 weeks depending upon program chosen.