



# Grief Support Resources

## GriefShare

<https://www.griefshare.org>

Email: [info@griefshare.org](mailto:info@griefshare.org) Phone: 800-395-5755

In Person and Online Support Groups - Dallas/Tarrant/Johnson County

GriefShare groups and events meet weekly at thousands of locations around the world for a 13-week cycle.

GriefShare is based on Christian principles, people from all faiths and even those who are not religious have found hope and healing by attending

## Grief and Loss Center of North Texas

<https://mygriefandloss.org>

Email: [hope@mygriefandloss.org](mailto:hope@mygriefandloss.org) Phone: 214-452-3105

In Person and Online Support Groups - Dallas/Tarrant/Johnson County

A community 501(c)3 nonprofit organization, the Grief and Loss Center of North Texas provides free grief support groups for kindergartners through senior adults.

## Joshua Seventh-Day Adventist Church

<https://joshuasda.org>

Email: [joshua.sda.church@gmail.com](mailto:joshua.sda.church@gmail.com) Phone: 817-259-1844

In Person Support Groups – Keene, TX

10-week grief support groups called “Seasons”

## Cancer Support Community North Texas

<https://www.cancersupportcommunity.org>

Email: [info@cancersupporttexas.org](mailto:info@cancersupporttexas.org) Phone: 888-793-9355

Virtual & In Person Group or Individual Support - Dallas/Tarrant/Collin County Clubhouses

*Living with Loss Support Group* is an ongoing group for people whose loved one has died of cancer. To join a support group, you must be added to the roster by a member of our team.

## The Compassionate Friends

<https://thecompassionatefriendsfw.com>

Email: [tcffortworth@gmail.com](mailto:tcffortworth@gmail.com) Phone: 682-201-0837

Virtual & In Person Support - Tarrant County Chapters

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

## Community Healthcare of Texas – Grief Care Program

<https://www.chot.org>

Email: [griefcare@chot.org](mailto:griefcare@chot.org) Phone: (800) 958-5014

Virtual & In Person Group or Individual Support – Tarrant/Johnson/Dallas Counties

Grief Care Services program is available, at no charge, to anyone in the community who enters the journey of healing and transition after the death of a loved one.

## **Widowed Persons Service of Tarrant County**

<https://www.wpstc.org>

**Email:** [wpstc@att.net](mailto:wpstc@att.net) **Phone:** (817) 551-2922

Widowed Persons of Tarrant County are women and men of all ages and backgrounds who have been widowed and are seeking support and guidance from other widowed persons who have had similar experiences.

## **The WARM Place**

<https://www.thewarmplace.org>

**Phone:** (817) 870-2272

Virtual & In Person Support Groups

The WARM Place provides a safe, compassionate space for children and their families grieving the death loss of a loved one free of charge \*you must have child enrolled to attend

## **GriefWorks**

<https://www.christian-works.org/grief/griefworks/>

**Email: Phone:** [\(800\) 375-2229](tel:8003752229)

Virtual & In Person Group or Individual Support \*\*Spanish groups available

GriefWorks is a free grief support program for children ages 5-18 and their adult family members.

## **Online Resources/Support**

### **Psychology Today**

<https://www.psychologytoday.com/>

Individual Support

PsychologyToday.com is the world's largest portal to psychotherapy; it includes free access to hundreds of thousands of professionals.

### **Center for Loss and Life Transitions**

<https://www.centerforloss.com>

**Phone:** [\(970\) 226-6050](tel:9702266050)

Dedicated to helping people who are grieving and those who care for them. Perhaps someone you love has died, or you want to help a grieving friend or family member.

### **What's Your Grief**

<https://whatsyourgrief.com>

What's Your Grief? is a place for grief articles, courses, creativity, sharing, community & more.

### **Stephen Ministries**

<https://www.stephenministries.org/default.cfm>

*Journeying through Grief* is a set of four short, easy-to-read books that offer words of comfort and hope to those grieving the loss of a loved one.

Available in English, Spanish and Chinese