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Grief Support Resources

Corvallis, Philomath, Lebanon and Albany:

No Cost Group and individual:

Lumina Hospice & Palliative care:

- Individual counseling services to community members who are anticipating or adjusting to death, loss, and grief. This is a free service, available Monday through Friday, 8:30 am to 4:00 pm.
- For Children and Families - Groups are held the first Wed. of each month from 5:30 to 7:00pm at Old Mill Center 1650 SW 45th Place, Corvallis, OR
- Adults: Daytime and evening available: <https://www.luminahospice.org/events/>
- Call **541-757-9616** to register or for more information

Samaritan Evergreen Hospice:

- **Samaritan Evergreen Hospice:** 4600 Evergreen St SE, Albany, OR 97321
- **Samaritan Lebanon Community Hospital:** 525 N Santiam Hwy, Lebanon
- Call **541-812-4662** for more information or to register. Information online at <https://www.samhealth.org/>

Salem Area:

No Cost Group and individual:

Willamette Valley Hospice, 1015 3rd Street NW, Salem OR:

- Offers both weekly groups and drop-in, as well as day and evening
- Offers groups for Adults, Children and Families
- Individual counseling sessions are available at no cost on a brief/short-term basis
- Call **503-588-3600** for location/ dates and times and to register
- Or go to **wvh.org** to see current schedules

Silverton/ Mt Angel:

No Cost Group:

Willamette Valley Hospice, Located at the Silverton Senior Center:

- Call **503-588-3600** for location and to register
- Or go to wvh.org to see current schedules

Providence Hospice Benedictine:

- If you live in Marion County or the surrounding areas, you can get individualized grief support and resources from Providence Benedictine Hospice. Groups meet at various times throughout the year. Call the bereavement counselor for more information: **503-845-2463**.

Online Resources and links

<http://www.caringinfo.org/> - an online guide to dealing with loss

<https://www.opentohope.com/> - Open to Hope is a non-profit organization dedicated to helping people find hope after loss. They provide encouraging articles, books, and an online community to help people deal with difficult losses and continue to live happy, meaningful lives while working through grief.

<https://www.griefrecoverymethod.com/> - The Grief Recovery Method has been thoroughly developed at the Grief Recovery Institute over the last 30 years and has established itself as a reputable source of information on how to overcome grief. The site features a great blog, but also interesting articles that are incredibly informative.

<https://www.taps.org/> - resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death

<https://www.centerforloss.com/> - founded by Dr. Allan Wofelt, the Center for Loss offers information and resources to those who are grieving as they mourn transitions and losses.

<https://www.aarp.org/home-family/caregiving/grief-and-loss/> - information for widows and widowers, including bereavement support and tips for dealing with final details.

<https://www.dougy.org/> - provides support for children, teens, young adults and their families grieving a death

<http://www.survivorsofselfharm.com/> - provides help to those who have lost a loved one to suicide resolve their grief and pain in their own personal way

<http://suicidegrief.save.org/ResourceLibrary> - Resources for Survivors of Suicide emphasizes that individuals are not alone upon losing a loved one to suicide. Has tools specifically geared toward military spouses and online support, they're thorough in the application of grief support.

<http://firstcandle.org/> - offers support to help you through the difficult time following the death of your baby

<https://www.compassionatefriends.org/> - provides assistance to families following the death of a child of any age and information to others about how to be supportive

<https://griefhaven.org/> - provides hope and support, and education to family members and communities who have lost a child

<http://www.sesameworkshop.org/what-we-do/our-initiatives/when-families-grieve/> - a website hosted by Sesame Street to help military and non-military families deal with loss using film, games, and activities

<http://www.scholastic.com/childrenandgrief/> - Scholastic childhood bereavement resources, for educators and families