

# **LOSS AND GRIEF RESOURCES**

## **General Grief Resources**

Center For Loss

- [centerforloss.com](http://centerforloss.com)
- Alan D. Walfelt, PhD - "Understanding Grief After Drug Overdose Death"

Experience Camps (one week)

- [experiencecamps.org](http://experiencecamps.org)
- for kids, loss of parent or sibling

David Kessler

- [grief.com](http://grief.com)

Dr. Joan Rosenberg

- Ted Talk
- YouTube - search Dr. Joan Rosenberg - Grief
- 15 minute talk - grief reset protocol

Afterwards Journey (Pat Obst website)

- [afterwardsjourney.com](http://afterwardsjourney.com)
- Click on Resources in menu bar
- Click on lecture on Grief Brain

Starting Point (website podcasts)

- [startingpoint.org](http://startingpoint.org)
- Click on Education in menu bar
- Click on Podcasts
- Scroll down to list of podcasts
- Grief podcasts have my name (Pat Obst) and/or the phrase "Doing Grief Well"

## **Referral and Support Resources - Divorce**

- 1) Call The Starting Point, Inc. of NJ at 856-854-3155 Ext. 100. Speak with the receptionist regarding which therapists are in network with your insurance.
- 2) Review practitioner profiles on the Starting Point website at:  
[www.startingpoint.org](http://www.startingpoint.org)
  - Click on the menu item SERVICES
  - Click on FIND A PRACTITIONERPractitioner profiles, specializations and contact information can be found there.
- 3) Find relevant podcasts on the Starting Point website
  - Click on the menu item EDUCATION
  - Click on EDUCATION AND LIBRARY RESOURCES
  - Click on the link of the podcast of interest to you
- 4) Find online support by searching Google for - online support groups divorce
- 5) Find a therapist through [www.psychologytoday.com](http://www.psychologytoday.com)
  - Type in your zip code to find therapists in your area.
  - Customize the search using the oval menu items listed under where the zip code is listed.
  - Look for groups on this site by clicking on Find a Therapist at the top of the home page.
    - then click on Support Groups on the drop down menu
    - then type in your zip code
- 6) Find local support through The Center for People in Transition (affiliated with Rowan College)
  - Go to their website at - <http://www.rcsj.edu/displacedhomemakers/gloucester>

## **Support Resources - Loss of a Spouse**

### *Samaritan Hospice Care (samaritannj.org)*

- Offers a variety of grief support groups for different types of loss, including the loss of a spouse
- Has groups for men, women, young adults, preschool-age children, and those affected by suicide
- Has sessions in Marlton, Mount Holly, and Haddonfield

### *JFCS (jfcssnj.org)*

- Offers a grief support group for people 60 and older who have lost a spouse or life partner in the past year

### *H.O.P.E. (hopesnj.org)*

- Offers grief support for those who have lost a spouse or partner
- Has both small group in-person and virtual meetings in New Jersey
- Has virtual groups for people outside of New Jersey

### *Helping Hand (helpinghandgriefsupport.org)*

- Provides various support groups for different types of loss, including loss of a spouse.
- Meets Monday evenings
- Located in Medford

## **Support Groups - Loss of Child**

### **Pregnancy/Infant Loss**

- *Nechama Comfort*
- [nechamacomfort.org](http://nechamacomfort.org)
- Zoom

### **Loss of a Child (any age)**

- *Help Hand Grief Support Group*
  - Fellowship Alliance Chapel, 199 Church Road, Medford, NJ.
  - [helpinghandgriefsupport.org/meetings](http://helpinghandgriefsupport.org/meetings)
  - Mondays 7-9
  - George & Wanda
- *Compassionate Friends*
  - [compassionatefriends.org](http://compassionatefriends.org)
  - online and in person groups

### **Loss of family member due to substance use**

- G.R.A.S.P. (Grief Recovery After Substance Passing)
  - [grasphelp.org](http://grasphelp.org)
  - online and in person groups
  - many parents who have lost children to drug related death attend