



GENERAL BEREAVEMENT

Tidewater Pastoral Counseling Services

No grief support groups currently; however, individual counseling is available.
Call 757-467-7707 for more information.

Peninsula Pastoral Counseling Center

No grief support groups currently; however, individual counseling is available.
Call 757-873-2273 for more information.

Dozoretz Center for Family Healing

A community resource center established to help people of all ages cope with death of a loved one, family illness, relocation or divorce/separation/remarriage.
Contact 757-459-4640 for more information.

The House of Compassionate Gratitude

Pre-grief, end of life coaching, and memorial legacy planning.
Contact Brennyn Molloy at 802-353-5495 or Brennyn.Molloy@gmail.com

Riverside Regional Hospice Center Bereavement Support Groups

Open to anyone suffering a loss. Offers workshops throughout the year such as Journaling, Art, and Holidays and Grief. **Some groups continue to be virtual so please call ahead.**

* Riverside Hospice - Warwick Medical and Professional Center Building 6E
12420 Warwick Blvd., Newport News, Virginia 23606
2nd and 4th Thursdays of the month from 6:30 p.m. to 8:00 p.m.
Contact the Bereavement Coordinator at 757-594-2745 for more details.

* Riverside Hospice - Riverside Doctors' Hospital
1500 Commonwealth Avenue, Williamsburg, Virginia
2nd and 4th Tuesdays of the month, from 6:30 to 8:00 p.m.
Contact the Bereavement Coordinator at 757-594-2745 for more details.

* Riverside Hospice - Gloucester Public Library
6920 Main St., Gloucester, Virginia
1st and 3rd Thursday of the month at 2 p.m.
Please contact Joel Calhoun at 804-693-1111 for more details.

* Riverside Hospice - West Point Christian Church
290 West Euclid Blvd., West Point, Virginia
1st and 3rd Thursday of the month at 11 a.m.
Please contact Joel Calhoun at 804-693-1111 for more details.



GENERAL BEREAVEMENT (cont'd)

Riverside Grief Support Group

For parents or anyone who has experienced a loss due to death or other significant life changing loss. Visit <https://www.riversideonline.com/health-resources/events/programs/support-groups> for more information on additional groups.

Contact Mary Jimenez at 757-789-5000 or Mary.Jimenez@rivhs.com

Sentara Bereavement Support

Support is offered to individuals in the community as well as hospice patients. Visit <https://www.sentara.com/hampton-roads-virginia/healthwellness/data/blogs/virtual-grief-support-groups-now-available.aspx> or <https://www.sentara.com/hampton-roads-virginia/classesevents.aspx> for details about current groups.

- * Sentara CarePlex Hospital - Bereavement Support Group
3000 Coliseum Drive, Hampton, VA 23666

Currently suspended due to COVID but support is available.

Contact Chaplain Services at 757-736-1201 or SCHChaplain@sentara.com

- * Sentara Hospice Bereavement Support

Offered on the Peninsula, to include Williamsburg.

Contact Nicole McDonald, Bereavement Coordinator, at 757-736-0733.

Hospice House & Support Care of Williamsburg

FREE Bereavement Support Groups and workshops as well as holiday and seasonal support for those individuals that have experienced a loss of family and/or friends more than 2 months previously. A walking/social group is also offered. Groups are on hold due to staff vacancy but may resume soon.

Contact bereavement@williamsburghospice.org or call 757-253-1220.

Star of the Sea Catholic Church

1404 Pacific Avenue Virginia Beach, VA 23451

12 week Program using, "Understanding Your Grief" by Alan Wolfelt

Hope to resume in September 2021.

Contact Gerri Tarkington at 757-428-8547 to register.

St. Jerome Catholic Church - Bereavement Ministry

116 Denbigh Blvd, Newport News, VA 23608

Call to learn about groups and sign-up.

Contact M. Regina Asaro, MN, RN, CT, at 757-254-3874 or griefwork@cox.net for details.



GENERAL BEREAVEMENT (cont'd)

GriefShare Groups

GriefShare is a 13-session weekly support group based in Christianity that meets in some 12,000 churches nationwide. Please contact the site you are interested in attending sessions at to receive more details about the program, possible costs, and schedule. You can visit <https://www.griefshare.org> for more information.

- * Great Bridge Presbyterian Church
333 Cedar Road Chesapeake, VA 23322
Thursdays from 7:00 p.m. to 9:00 p.m.
Contact Robert (Bob) Burley, Deacon/Griefshare Facilitator, at 757-547-4706.

- * Bethel Temple
1705 Todds Lane Hampton, VA 23666
Call for in-person schedule.
Contact Gabriele Schloemer at 757-826-1426 ext. 248 or bethellife@betheltemple.com

- * Church of the Ascension
4853 Princess Anne Road Virginia Beach, VA 23462
GriefShare has been suspended until further notice.
For more information on future sessions, contact 757-495-1886.

- * Liberty Baptist Church
1021 Big Bethel Road Hampton, VA 23666
Next session begins August 17. Call for in-person schedule.
Contact Dani Fortuna at 757-826-2110 x226 or E-mail: dfortuna@libertylive.com

- * London Bridge Baptist Church
2460 Potters Road, Virginia Beach, VA 23454
Call for in-person schedule.
Visit <https://www.londonbridge.org> or call 757-486-7900.

- * New Beech Grove Baptist Church
361 Beechmont Dr, Newport News, VA 23608
*Call 757-877-4114 for **in-person** schedule.*

- * World Outreach Center
1233 Shields Road, Newport News, VA 23608
Call for in-person schedule.
Contact Esther Baker, Coordinator, at 757-874-1223 or E-mail: ebaker@wowcenter.org



GENERAL BEREAVEMENT (cont'd)

- * Williamsburg United Methodist Church
500 Jamestown Rd, Williamsburg, VA 23185
Thursdays at 5:30 p.m. **IN PERSON - call for schedule.**
Contact Meghan Roth Clayton at 757-229-1171 for details.

- * Parkview Baptist Church
604 Hilton Blvd. Newport News, VA 23605
Tuesdays from 6:00 p.m. to 8:00 p.m. **IN PERSON - call for schedule.**
Contact Jan Conley, Facilitator, at 757-247-0491, for details.

- * New Covenant Church
1079 Big Bethel Road, Hampton, VA, 23454
Call for schedule.
Contact Beth Bustin at 757-838-8700 ext. 18.

- * King of Glory Lutheran Church
4897 Longhill Road Williamsburg, VA 23188
IN PERSON - Registration is required.
Contact Debbie Rathke, GriefShare Facilitator, at 757-220-6770.

- * Walnut Hills Baptist Church
1014 Jamestown Road, Williamsburg, VA 23185
IN PERSON - call for schedule.
Contact Elaine Schrader, GriefShare Facilitator, at 757-268-1761.

- * Church of St. Terese
6262 Main Street, Gloucester, VA 23061
IN PERSON - Registration is required.
Contact Linda Gregory, GriefShare Facilitator, at 804-815-7695.

- * First Baptist Church of Hampton
VIRTUAL - Registration is required.
Contact Rev. Delrose Reynolds-Porter, Bereavement Ministry Lead, at 757-723-0988.

- * Great Bridge Baptist Church
640 Battlefield Blvd S, Chesapeake, VA 23322
IN PERSON - Registration is required.
Contact Richard Castleberry, Minister of Spiritual Development and Senior Adults at 757-482-2111.



GENERAL BEREAVEMENT (cont'd)

Legacy Hospice

Various groups/activities offered for families in hospice care and those grieving in the community. Serving all of Hampton Roads. **Support offered virtually.**

Contact Dean Nowotny, Bereavement Coordinator, at DeanNowotny@legacy-hospice.com or 757-937-5063.

Traditions Health and Hospice

Stevens Memorial Baptist Church
224 Richneck Rd, Newport News, VA 23608
Second Thursday every month at 6 p.m.

IN PERSON - No registration needed.

Contact Marlena Passante, RN, at marlenapassante@traditionshealth.com or 757-594-0288.

ProMedica Hospice

Brookdale Senior Living
3800 Treyburn Dr, Williamsburg, VA 23185
4th Thursday of every month from 3 p.m. to 5 p.m.
Contact Bob Boyd at 757-495-8215.

Charter Senior Living at Williamsburg
440 McLaws Cir, Williamsburg, VA 23185
4th Wednesday of every month from 5 p.m. to 7 p.m.
RSVP to receptionist@charterwilliamsburg.com or call 757-221-0018.

Commonwealth Senior Living of Williamsburg

236 Commons Way, Williamsburg VA 23188
10 a.m. on Tuesdays - No registration required.
For more information, call 757-564-4433 and ask for Michelle.

The Hidenwood Retirement Community

50 Wellesley Drive, Newport News, VA 23606
First and Third Mondays at 5:30 p.m.
Facilitated by Reverend Nathan Milton.
Call the Hidenwood for details at 757-930-1075.

Saint Bede Catholic Church

3686 Ironbound Road, Williamsburg, VA 23188
Contact Deacon Francis Roettinger at 757-229-3631 or froettinger@bedeva.org for more information.



GRIEVING CHILDREN

Comfort Zone Camp: Comfort Zone Camp is a nonprofit 501(c)3 bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, primary caregiver, or significant person. Our programs are free of charge and include trust-building activities and age-based support groups that break the emotional isolation grief often brings. Comfort Zone's programs are offered to children ages 7-17, and their families for the family programs, plus we offer young adult programs for 18-25-year-olds.

Due to COVID some programs are now being offered online.

Visit <https://comfortzonecamp.org> for more information.

Peace by Piece: Peace by Piece (by Edmarc) is a children's grief group servicing Hampton Roads. We currently welcome children 5-18 who have experienced the death of a significant individual in their life. There is also an adult group that meets to support the parents/caregivers. Children's groups are separated by age/developmental level and meet twice a month from September to May.

Visit <https://edmarc.org> to learn more about the program.

Camp Lighthouse: Camp Lighthouse is a two-day camp for children and teens dealing with the loss of a loved one. Trained professionals and volunteers help children and their families explore issues related to grief, walking beside them as they take the steps needed to heal.

The camp is expected to reopen in 2022.

Contact camplighthouse@sentara.com or call 757-553-3330 (Southside) or 757-736-0709 (Peninsula).

Kidz'NGrief: Offered by Bon Secours, children participate in age-appropriate groups: 3 to 5 year olds, 6 to 8 year olds, 9 to 10 year olds, middle school children, and high school youth. Additionally, there are four groups for adults who bring children to Kidz 'N Grief, as well as a "Volcano Room" to allow volatile feelings in a safe place. Volunteer facilitators complete the 30-hour training program developed by the Dougy Center.

2nd and 4th Mondays, 6:00 p.m. to 7:30 p.m. during the school year. - **IN-PERSON**

Contact Ariane Walter at 757-886-6704 or Ariane.Walter@bshsi.org for locations and times.

Mikey's Camp by Bon Secours: Mikey's Camp is an overnight camp held once a year in November from Friday afternoon to Sunday afternoon for children/teens starting at age seven. Mikey's Camp provides a supportive environment where children/teens can explore the normal process of grief, and where their self-expression is heard, valued, and honored. The camp is staffed by professional grief facilitators and trained volunteers.

The camp is being planned for Fall 2022.

Contact Ariane Walter at 757-886-6704 or Ariane.Walter@bshsi.org for questions about Mikey's Camp.

CHKD Sibling Grief Support Group

Sibling grief support for children and teens ages 6-18; led by a certified Child Life Specialist.

Contact griefsupport@chkd.org or 757-668-8246.



PARENTS WHO HAVE LOST A CHILD

Compassionate Friends

Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process. Find resources and chapter information at <https://www.compassionatefriends.org/find-support>. Some meetings are on hold or virtual at this time so please contact directly for information.

*** Peninsula Chapter**

St Luke's United Methodist Church
300 Ella Taylor Road, Yorktown, Virginia 23692-3236
1st Monday of each month 7:00 to 8:30 pm
Contact Gordon (757) 879-0700 or Alice 757-879-0024 or peninsulatcf@live.com

*** The Compassionate Friends of Williamsburg**

4445 Powhatan Parkway, Williamsburg, Virginia 23188
2nd Monday of each month 7:00 pm
Contact 757-903-1641 or wmsburgcompassionatefriends@gmail.com

*** Tidewater Chapter**

805 Kempsville Road, Virginia Beach, Virginia 23464-2708
3rd Tuesday of each month 7:00 pm
Contact 757-995-7012 or aaviands.tcf@gmail.com

*** TCF of Suffolk, Eclipse Chapter**

1589 Steeple Drive, Suffolk, Virginia 23433-1615
2nd Thursday of each month 7:00 pm
Contact 757-238-2671 or patsyanded@charter.net

Share Support Group: The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. Resources and virtual support are offered at www.nationalshare.org

Empty Arms Support Group: A support group for those experiencing the loss of a baby due to miscarriage, stillbirth, or pregnancy loss and newborn loss. Provided by Sentara Women's Services, 801 Volvo Pkwy Ste 120, Chesapeake, VA 23320. Contact 1-800-455-4552 or www.sentara.com/womens.



PARENTS WHO HAVE LOST A CHILD (cont'd)

CHKD Grief Support Group

For parents who have experienced the death of a child.

Contact the Chaplaincy/Bereavement Services in Norfolk at 757-668-9661.

Oncology Grief Support Group: Beams of Hope

For grief and bereavement support for any parent of a CHKD patient who has died from cancer.

Contact Rebecca Ruck at Rebecca.Ruck@chkd.org at 757-668-9617.

Edmarc Hospice for Children

Grief support group for any parents in the community who have experienced the death of a child. Two groups, one for mothers and one for fathers, will be held simultaneously in separate rooms.

Edmarc in Olde Towne Portsmouth

516 London Street, Portsmouth, VA 23704

For information or to register, contact Edmarc at 757-967-9251 or bereavement@edmarc.org

Group for Parents who have Experienced the Death of a Child

Bon Secours Bereavement Center

1st and 3rd Thursdays 10:00 to 11:30 am - **VIRTUAL**

2nd and 4th Thursdays 7:00 pm to 8:30 pm - **VIRTUAL**

Contact Stephanie Thompson at 757-287-4534 for the ZOOM link.

Perinatal Loss Grief Support

Bon Secours Bereavement Center

2nd Wednesday of the month, 7:00 to 8:30 pm - **VIRTUAL**

Contact jamey_kagey@bshsi.org or leanne_shelton@bshsi.org for ZOOM link.

Forget Me Not: Offered by Riverside, this is a Perinatal Bereavement Support Group that meets Mondays from 1 to 2 p.m. at Riverside Regional Medical Center. Led by Chaplain Linda Hudson, the group offers a safe and relaxed atmosphere while providing support to anyone who has experienced a pregnancy loss or the loss of an infant.

Mondays from 1:00 to 2:00 pm

For more information contact Linda Hudson at 757-612-7693 or Linda.Hudson@rivhs.com

Post-Abortion Healing (Retreats and Individual Counseling)

The Williamsburg Christian Retreat Center, Toano, VA

Contact Linda Riva at 757-887-3144 or lindajr2@yahoo.com



PARENTS WHO HAVE LOST A CHILD (cont'd)

Star Legacy Free Support for Pregnancy/Infant Loss: Online Support at www.starlegacyfoundation.org/support-groups as well as the following **VIRTUAL** groups (below). There is also a National Telephone Support line (952-715-7731, ext 1).

- *Bereaved Parents of Perinatal Loss:* 1st and 3rd Mondays at 7:00 p.m. EST or 2nd and 4th Thursdays at 8:00 pm EST
- *Pregnancy After a Loss:* Mondays at 8:30 p.m. EST
- *Parenting After Loss:* 1st Wednesdays at 1:00 p.m. and 9:30 p.m. EST or 3rd Wednesdays at 1 p.m. and 9:30 pm EST
- *Dad's Grief Discussion Group:* 2nd Mondays at 7:00 pm EST
- *Grandparents and Extended Family:* 1st Wednesdays at 8:30 EST
- *Coping with SIDS and Infant Death:* 2nd Wednesdays at 7:00 p.m.

American Guild for Infant Survival (AGIS) Support Group

For parents who have experienced the death of a child through Sudden Infant Death Syndrome.
Contact Scott and Eileen Hessek at agis@sids-supportguild.org or 757-463-3845.

Pregnancy and Infant Loss

For parents who have experienced the loss of a baby due to miscarriage, stillbirth, and infant death.
Contact Anisa Glowczak and Ann Prescott at goodmourning@gmail.com or 757-572-4609.



HOMICIDE SURVIVOR SUPPORT GROUPS

Newport News Police Department Homicide Support Group

Newport News Police HQ

9710 Jefferson Ave. Newport News, VA 23605

2nd Wednesdays at 6:00 pm

Registration required. Contact Lt. R.S. Fish at 757-928-4202 or fishrs@nnva.gov

Virginia Victim Assistance Network

Newport News Justice Building

501 Washington Ave, Newport News, VA 23608

MUST PRE-REGISTER TO PARTICIPATE.

Call Malik Brice at 757-926-7257 for information.



LOSS AS A RESULT OF SUICIDE

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Still Standing: A Support Group for those who have lost a friend, a loved one to suicide.

Spring Branch Community Church

1500 N. Great Neck Road, Virginia Beach, VA 23454

2nd Tuesday of each month 7:00 to 8:30 pm. Participants should be 18 and over.

New participants should contact Elaine Roberts at 757-464-9289 and please arrive at 6:30 to register.

Hampton Roads Survivors of Suicide Support Group: A bereavement group for anyone who has lost a loved one to suicide.

St. Andrew's Lutheran Church

4811 W. High St., Portsmouth, VA 23703

For information, contact Chris Gilchrist, LCSW, PC, at 757-483-5111 to register before the meeting.

Survivors of Suicide Loss

Williamsburg Survivors of Suicide Loss (SOSL) provides healing support for people coping with the shock, excruciating grief, and complex emotions that accompany the loss of a loved one to suicide. This support group was created in 2021 with a mission to recognize and respect the courage and resilience of suicide survivors at all stages in their personal journey. **This group has moved to a virtual format.**

For more information, contact Charlotte Moyler at 757-903-1641 or williamsburgsurvivors@gmail.com



LOSS OF A SPOUSE

Healing After the Loss of a Spouse

Bethel Temple

1705 Todds Lane Hampton, VA 23666

Quarterly; **next session is September 14, 2021.**

Contact Gabriele Schloemer at 757-826-1426 ext. 248 or bethellife@betheltemple.com

Chesapeake Widowed Persons Service

Chesapeake General Hospital

736 N. Battlefield Blvd., Chesapeake, VA 23320

Please call for a schedule.

For information, contact Laurie Miller 757-545-4911.

Young Widows and Widowers

YWOW is a community of widows and widowers that have lost their spouse or life partner too early in life. We have members from their 20s to their 80s throughout Virginia.

Learn more at <https://www.ywow.org/join.html>



LOSS DUE TO SUBSTANCE USE DISORDER

Spiritworks Foundation “We Speak Their Names”

Spiritworks will be starting a group for parents and families that have lost a loved one to substance use disorder or related death. Date to start is not set at this time.

For more information, please contact Becky Boxx or Jan Brown at 757-903-0000.