



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 or email office@peninsulapastoral.org 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 - Bereavement Support Groups

Open to anyone suffering a loss. Offers workshops throughout the year such as Journaling, Art, and Holidays and Grief.

* Riverside Hospice - Hospice and Home Health
856 J Clyde Morris Blvd C, Newport News, VA 23601
Every Friday, 1:30 p.m. to 3:00 p.m., alternate in-person and online.
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 - Walter Reed
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 Tappahannock Hospice

Contact: Quinton Addington, Bereavement Coordinator (804) 443-6130 or
Quinton.Addington@rivhs.com

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. INFO FORTHCOMING ON NEW GROUPS.

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 offered quarterly.

Contact Rev. Reese Washington at rwashington@williamsburghospice.org or call 757-206-1177.

Star of the Sea Catholic Church

1404 Pacific Avenue Virginia Beach, VA 23451

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

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.

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 and in-person.

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



GENERAL BEREAVEMENT (cont'd)

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.

Heartland Hospice

* Grief Support Groups 2023

Every second Thursday from 6 p.m. to 7 p.m.

41 Old Oyster Point Road, Newport News VA

Contact Bob Bryant, Bereavement Coordinator, 757-621-5684.

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* Virtual Grief Support Group

Every third Thursday from 7 p.m. to 8 p.m.

Contact Bob Bryant, Bereavement Coordinator, 757-621-5684.

* One-on-One Grief Support: Anticipatory/Pre-Bereavement Grief Support and Post-death Support.

Contact Bob Bryant, Bereavement Coordinator, 757-621-5684.

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 Meekins.

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

2nd and 4th Mondays at 2:30 p.m.

Contact Deacon Francis Roettinger at 757-229-3631 or froettinger@bedeva.org for more information.



GENERAL BEREAVEMENT (cont'd)

Medi Home Health & Hospice Groups

* Benn's United Methodist Church

14571 Benn's Church Blvd., Smithfield, VA 23430

Every Monday from 12:30 pm until 2:00 pm.

Contact Sukie Bailey, Bereavement Counselor, for more information at 757-968-3116.

* Our Lady of Perpetual Help

4560 Princess Anne Rd, Virginia Beach, VA 23462

Thursdays from 10:30 am to 12 noon.

Contact Sukie Bailey, Bereavement Counselor, for more information at 757-968-3116.

Bereavement Book Club

A community bereavement book club. Occurs on the first Saturday every month at Medi Home Health & Hospice located at 530 Independence Parkway, Suite 200, Chesapeake, VA 23320 at 1:30 pm.

Contact Sukie Bailey, Bereavement Counselor at
SukiBailey@msahealthcare.com or 757-420-7192

T.E.A.R.S. Grief and Loss Support Group

Virtual group offered by Calvary Seventh Day Adventist Church.
Spring and Fall 8 week groups.

Contact csdatears@calvaryadventist.org or 757-244-0913 for information.

Karen's Grief Support Group - Norfolk Apostolic Church

3172 Azalea Garden Road, Norfolk, VA 23513

Tuesdays at 7:30 p.m.

Contact Elisha Burnes at mrburnes@cox.net or 810-223-8638.

Brookdale Chambrel Williamsburg

3800 Treyburn Drive, Williamsburg, VA 23185

The fourth Thursday of each month 3pm - 4pm in the Bistro

Facilitated by Lee Jewett, BA Psych, MDIV-CPE

For More Information: Call Brookdale at 757-903-6667 or email raccar@brookdale.com

MileStoneFive

MileStone Five (MS5) emerged from the vision of Dr. Cheryl Chavers who recognized the ongoing need for support beyond immediate grief. The app serves as a digital haven for building communities around those experiencing loss.

Visit <https://www.milestonefive.com/> for more information.



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
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
For more information on future sessions, contact 757-495-1886.

- * Liberty Baptist Church
1021 Big Bethel Road Hampton, VA 23666
Contact Marie Warren at mwarren@libertylive.church or 757-826-2110 for information.

- * London Bridge Baptist Church
2460 Potters Road, Virginia Beach, VA 23454
For more information 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
Contact Esther Baker, Coordinator, at 757-874-1223 or E-mail: ebaker@wowcenter.org

- * 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.



GRIEFSHARE GROUPS (cont'd)

* Church of St. Therese

6262 Main St, Gloucester, VA 23061

Sundays from 2 p.m. to 4 p.m.

IN PERSON - Registration is required.

Contact Linda Gregory, GriefShare Facilitator, at 804-815-7695.

* 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

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

Contact Claudia Nimmo at 804-241-6029.

* First Baptist Church of Hampton

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.

* Colosse Baptist Church

23945 King William Rd, West Point, VA 23181

Contact Linda Walton at 804-241-5208.



GRIEFSHARE GROUPS (cont'd)

* Northside Christian Church
1300 George Washington Memorial Hwy, Yorktown, VA 23693
Contact Larry Lamb at 757-595-5890.

* St. Olaf's Catholic Church
104 Norge Ln, Williamsburg, VA 23188
Contact Mary Swartz at 757-503-1216.

* Tabernacle United Methodist Church
831 Poquoson Ave, Poquoson, VA 23662
Contact Dana Freeman at 757-871-6965.

* All Nations Church
853 Cloverleaf Ln, Newport News, VA 23601
Call Wanda Harvey at 757-941-5111.

* St. Mark's United Methodist Church
99 E Mercury Blvd, Hampton, VA 23669
Contact Cyndy Felt at 757-518-9774.



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. 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. Next camp is in March 2024.
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 three 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 18-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 757-947-3420 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.
Next Camp: November 1-3, 2024
Contact Ariane Walter at 757-947-3420 or Ariane.Walter@bshsi.org for questions about Mikey's Camp.



GRIEVING CHILDREN (cont'd)

CHKD Sibling Grief Support Group

Sibling grief support for children and teens ages 6-18; 6-8 week program led by a certified Child Life Specialist.

Contact Anne West Kesner, MA, BCC, CT at 757-668-9661 or Chaplain's Office at 757-668-8246.



PARENTS WHO HAVE LOST A CHILD

Compassionate Friends: Serving families who have had a child die (at any age, from any cause) or those are trying to help those who have gone through this life altering experience. 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 chapters 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 9:00 p.m.

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

1st Monday of each month 7:00 pm

Contact Charlotte at 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

3rd Tuesdays of the month.

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, Full Hearts 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 Anne West Kesner, MA, BCC, CT at 757-668-9661 or Chaplain's Office at 757-668-8246.

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 or 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 (Valeta Donnell) at 757-967-9251 or bereavement@edmarc.org

Group for Parents who have Experienced the Death of a Child

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

In person 2nd Thursday of month 7 p.m. to 8 p.m.

Contact jamey_kagey@bshsi.org or 757-947-3614 for more information.

Forget Me Not

Offered by Riverside Hospital, this is a Perinatal Bereavement Support Group that meets the first Thursday of every month at 10:00 a.m. in the Riverside Cancer Care Center Conference Room (12100 Warwick Blvd, Newport News VA 23601).

For more information contact Rita Hefner at 757-369-7294 or Rita.hefner@rivhs.com or 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 Maggie Carlson at 804-432-2589 or rv4hope@gmail.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 757-463-3845 or Wade or Kim Sandlin at 757-499-0658 or email agis@sids-supportguild.org

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.

Sentara Obici Hospital

For parents who have experienced the loss of an infant within the past 24 months.

Contact Kathy Pickett, Chaplain, at klpickett@sentara.com or 757-934-4142.



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 Lieutenant M. J. Schmitt at 757-928-4202 or

schmittmj@nnva.gov

Virginia Victim Assistance Network

Newport News Justice Building

501 Washington Ave, Newport News, VA 23608

MUST PRE-REGISTER TO PARTICIPATE.

Call 757-926-7257 for information.

Beauty for Ashes Grief Support Group

Contact Minister Dorsthea Knight at 757-902-2432.



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

3rd Wednesdays at 7:00 p.m.

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.

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

One day workshop held 2x a year.

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>

Enhabit Hospice Widows Support Group

This is an 8 week program starting September 2023.

Call 757-634-3113 for more information.



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.

Held 2nd Thursdays of the month.

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

GRASP Coastal Virginia Chapter

Meets in Virginia Beach on 3rd Wednesday at 6:30 p.m.

Contact Dona Overstreet at dona@bigorangetruck.com