
BEREAVEMENT RESOURCE GUIDE



PREVENTION,
SUPPORTIVE CARE
& SURVIVORSHIP

CENTER FOR THE ADVANCEMENT OF
BEREAVEMENT CARE

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Disclaimer

This guide serves as a resource and is not a substitute for professional assistance. If you need help using this guide, please contact the Center for the Advancement of Bereavement Care at griefcare@miami.edu. In the case of an emergency, call 911 or go to your nearest emergency room. If you are having thoughts of suicide, call or text 988, the national Suicide and Crisis Lifeline.

The inclusion of an organization in this document does not indicate a direct endorsement of the organization or the services offered. While we do our best to update materials, organization information may change.

All South Florida

Children's Bereavement Center

The Children's Bereavement Center in Miami is a nonprofit organization providing support and resources to children, teenagers, and families grieving a significant loss. The center aims to provide a safe space for individuals to express their feelings, receive support from others who are experiencing similar losses, and learn healthy coping approaches.

Bereavement Services

The Children's Bereavement Center in Miami offers support groups, workshops, and creative therapies to help children, teenagers, and families cope with grief. They also provide education and resources for schools and communities.

Website	https://childbereavement.org/support-groups/grief-support.html
Location	6619 S. Dixie Highway, #302, Miami, FL 33143
Phone	(888) 988-5438
Language Options	English, Spanish, Creole
Fee	Free
Service Delivery Options	Virtual

GriefShare

The GriefShare support group provides a safe and welcoming environment where people understand the challenging emotions of grief. Recognizing that grief does not follow a predictable path, the group offers practical ways to cope with its unpredictability and provides dedicated support throughout the journey.

Bereavement Services

GriefShare conducts a 13-week program that includes a weekly 30-minute video on a grief-related topic, followed by group discussions to apply the video's insights to participants' lives. Additionally, each participant receives a book with helpful tips and exercises for ongoing personal support.

Website	https://www.griefshare.org/
Location	15 in-person locations in South Florida
Phone	(561) 801-6403
Language Options	English
Fee	\$20 (scholarships are available)
Service Delivery Options	In-person and Virtual

All South Florida

Trustbridge Hospice

Trustbridge is a nonprofit organization that provides hospice care, palliative care, and bereavement support in South Florida. Trustbridge offers compassionate end-of-life care to patients and their families, focusing on improving quality of life and providing comfort and support during challenging times.

Bereavement Services

Trustbridge offers grief support services, including individual counseling, support groups, workshops, children's grief support, and community outreach.

Website	https://trustbridge.com/family-support/grief-support-hospice-care/
Location	Many locations across the state
Phone	(888) 499-8393
Language Options	English, Spanish, Creole
Fee	Free
Service Delivery Options	In-person and Virtual

VITAS Healthcare

VITAS Healthcare is a national hospice provider that offers end-of-life care services, including hospice care, palliative care, and grief support. VITAS in Miami provides comprehensive hospice care services to patients and their families in the Miami area.

Bereavement Services

VITAS in Miami offers grief counseling, support groups, educational resources, memorial services, and referrals to help grievors cope with their loss.

Website	https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement
Location	National locations, including several in S FL
Phone	(844) 541-7771
Language Options	English, Spanish
Fee	Free
Service Delivery Options	Virtual

South Florida – Miami Dade County

Greater Miami Jewish Federation

The Mission of the Greater Miami Jewish Federation is to mobilize human and financial resources to care for those in need, strengthen Jewish life, and advance the unity, values, and shared purpose of the Jewish people in Miami, Israel, and worldwide.

Bereavement Services

The Greater Miami Jewish Federation offers bereavement support groups, spiritual care and resources, and grief counseling. They also facilitate in-person events to promote further connections within the local community.

Website	https://jewishmiami.org/
Location	Locations throughout South Florida
Phone	(305) 932-4200 and (305) 670-1911
Language Options	English
Fee	\$40 Registration Fee
Service Delivery Options	In-person and Virtual

Miami Counseling & Resource Center

The Miami Counseling and Resource Center is a mental health clinic that offers a range of counseling and therapy services for individuals, couples, families, and groups. Its team of licensed therapists and counselors provides support for various mental health issues, including anxiety, depression, trauma, relationship issues, and grief and loss.

Bereavement Services

The Miami Counseling & Resource Center offers individual and group counseling, family counseling, grief workshops, support groups, specialized services for specific types of grief, and referrals to help grievers cope with their loss.

Website	https://miamicounseling.com/services/grief-loss-counseling/
Location	111 Majorca Ave, Coral Gables, FL 33134
Phone	(305) 448-8325
Language Options	English, Spanish
Fee	Insurance dependent
Service Delivery Options	In-person and Virtual

South Florida – Broward County

Seasons Hospice & Palliative Care of Broward, Florida

Seasons Hospice Foundation offers comfort to patients and families through essential support and creating lasting, cherished memories. Their funds go towards community education, raising awareness about the benefits of hospice care, and supporting unique programs and research to enhance the quality of hospices.

Bereavement Services

The Seasons Hospice Foundation offers individual therapy, bereavement support groups, memorial services, and a resource library for caregivers and family members.

Website	https://seasonsfoundation.org/bereavement-support/
Location	1815 Griffin Road Suite 410, Dania Beach, FL 33004
Phone	(954) 624-7900
Language Options	English and Spanish speaking providers available, Groups: English
Fee	Dependent on Service, insurance accepted
Service Delivery Options	In-person and Virtual

Tomorrow's Rainbow Coconut Creek

Tomorrow's Rainbow is a nonprofit organization based in Coconut Creek, Florida, which provides free grief support programs for children, teenagers, and their families.

Bereavement Services

Tomorrow's Rainbow programs use therapeutic miniature horses to help facilitate coping. They offer peer support groups, individual counseling, family counseling, and community education. They aim to provide a safe and supportive environment where grieving families can connect with others who are experiencing similar losses and learn healthy ways to cope with their grief.

Website	www.tomorrowsrainbow.org
Location	Northwest 39th Avenue, Coconut Creek, FL 33073
Phone	(954) 978-2390 EX. 4341
Language Options	English
Fee	Free, donations accepted
Service Delivery Option	In-person

South Florida – Broward County

Gilda's Club South Florida

Gilda's Club South Florida is a non-profit organization that provides free social and emotional support to anyone impacted by cancer, including patients, families, and friends. The club offers a welcoming and inclusive environment where individuals can find support and education. Gilda's Club South Florida is part of the more extensive Cancer Support Community network, which provides similar services across the United States.

Bereavement Services

Gilda's Club South Florida offers support groups, counseling, educational workshops, social activities, a resource library, and referrals to help grievers cope with their loss.

Website	https://gildasclubsouthflorida.org/our-programs/support-and-networking-groups/
Location	4850 W. Prospect Road, Ft. Lauderdale, FL 33309
Phone	(954) 763-6776
Language Options	English, Spanish
Fee	Free
Service Delivery Options	In-person

GriefTree

GriefTree offers support to individuals experiencing grief due to the death of a loved one, major life transitions, or traumatic events. For those facing complex or enduring grief, therapeutic intervention can aid in coping.

Bereavement Services

GriefTree offers in-person and virtual therapy. Techniques and interventions include trauma-informed interventions such as EMDR, narrative therapy, cognitive-behavioral therapy, goal-oriented and strengths-based therapy, dual process focus, and other techniques and modalities.

Website	https://www.grieffree.com/resources/
Location	3874 Sheridan Street, Hollywood, FL 33021
Phone	(954) 834-3570
Language Options	English
Fee	Fee-based insurance is accepted
Service Delivery Options	In-person and Virtual

South Florida – Palm Beach County

Helping Hands Counseling Service

Helping Hands is a solution-focused therapist service that strives to assist individuals in realizing their full potential and living a fulfilling life. Although past hardships cannot be altered, Helping Hands believes that working together can enhance the understanding and resolution of present issues.

Bereavement Services

Helping Hands offers individual, group, couples, or family grief therapy sessions.

Website	https://myhelpinghandcounseling.com/
Location	2000 North Dixie Highway, Lake Worth, FL 33460
Phone	(561) 684-7000
Language options	English
Fee	\$100 per 50-minute session. Services may be covered in whole or in part by insurance or an employee benefit plan.
Service Delivery Options	In-person and Virtual

Palm Beach Memorial

Established in 1958, Palm Beach Memorial has been focused on meeting the unique needs of each family they work with. They offer their expertise to ensure a comforting and well-guided planning process. Their team provides care and support throughout the grief journey and beyond.

Bereavement Services

Palm Beach Memorial offers various virtual services, including interactive aftercare videos, daily email affirmations, a grief support guide, and specialized grief support options for children.

Website	https://www.palmbeachmemorial.com/
Location	3691 North Seacrest Blvd., Lantana, FL 33462
Phone	(561) 823-4655
Language Options	English
Fee	Free
Service Delivery Options	In-person and Virtual

Florida

Begin Again Children's Grief Center

The Begin Again Children's Grief Center offers support and empathy to children and families in Volusia, Flagler, Orange, and Osceola counties navigating losing a loved one.

Bereavement Services

At the Begin Again Children's Grief Center, children aged 4-18 can express their emotions and develop coping strategies through physical activities, art, drama, music, and more, all in a safe and nurturing environment. This setting also allows them to connect with peers experiencing similar losses, helping them realize they are not alone. The center also provides a separate group for adults to explore their grief and gain guidance on supporting grieving children.

Website	https://halifaxhealth.org/hospice-information/grief-bereavement
Location	Locations in Daytona Beach, DeLand, Flagler Beach, New Smyrna, and Orlando
Phone	(386) 425-4738
Language Options	English
Fee	Free
Service Delivery Options	In-person

Community Hospice and Palliative Care

Community Hospice & Palliative Care offers bereavement counselors who provide individual, family, and children's counseling to assist those who have lost a loved one. Their support helps individuals navigate the grief associated with such loss and provides guidance during this challenging time.

Bereavement Services

Community Hospice & Palliative Care offers a range of support options, including individual and family counseling (for both children and teens), therapeutic grief support groups, and the Understanding Grief Program for those newly bereaved. They also provide an annual candlelight remembrance service and a special program to assist with grief during the holidays.

Website	https://www.communityhospice.com/events
Location	Throughout the greater Jacksonville area
Phone	866-253-6681
Language Options	English
Fee	Free for 13 months
Service Delivery Options	In-person and Virtual

Florida

Halifax Health – Hospice

Halifax Health prioritizes creating a safe space for the community to acknowledge and cope with the loss of a loved one. The bereavement department features programs such as Hospice Bereavement, Children's Begin Again, and Traumatic Loss, staffed by licensed and master's level-trained clinicians skilled in grief counseling.

Bereavement Services

At the grief centers, children and their families can participate in a variety of structured activities and "free time" to help them understand and express their grief. Expressive activities such as art, individual and group play, physical movement, memorial rituals, and discussions are encouraged to help with coping.

Website	https://halifaxhealth.org/contact-us/
Location	Locations across Daytona, Flagler, and Orange County
Phone	(386) 425-4738
Language Options	English
Fee	Free
Service Delivery Options	In-person and Virtual

Haven - Healing Hearts Bereavement Support

Haven recognizes the difficulty of managing daily life following the loss of a loved one and understands the importance of not facing this journey alone. They offer grief support services across 18 counties in Florida to help individuals navigate this challenging time.

Bereavement Services

Haven delivers bereavement support through individual, family, and group sessions, along with educational programs for anyone affected by a loss. One-on-one counseling is offered via telehealth, and in-person support groups are available for those seeking face-to-face interaction.

Website	https://beyourhaven.org/bereavement
Location	Locations across Orange Park, Lake City, Gainesville, St. Augustine, Chiefland
Phone	1 (844) 544-4836
Language Options	English, Spanish
Fee	Group fees vary in pricing based on provider; major insurance accepted.
Service Delivery Options	In-person groups, Virtual individual sessions

Florida

Lee's Place, Inc. Tallahassee

Established in 2000 by Dr. Brenda Rabalais in memory of her son, Lee's Place offers services that address a wide range of grief, loss, and trauma. After the passing of Lee Rabalais at 14 from bone cancer, Dr. Rabalais was inspired to honor her son by helping others in the community. As a therapist, she created a center that provides quality, licensed therapeutic services in a supportive and nurturing environment.

Bereavement Services

All services are offered on a sliding scale to ensure that access to quality bereavement care is available to everyone that needs support. Services begin at 4 years of age and address a broad spectrum of grief, loss, and trauma.

Website	www.leesplace.org
Location	216 Lake Ella Drive, Tallahassee, FL 32303
Phone	(850) 841-7733
Language Options	English
Fee	Sliding Scale
Service Delivery Options	In-person

New Hope Center for Grieving Children

New Hope for Kids' Grief Support Program creates a safe and supportive space for children mourning the death of a loved one, allowing them to share their experiences with peers who understand their feelings of loss.

Bereavement Services

The New Hope Center provides peer group experiences for grieving children aged 3 to 18. The program also supports families through parent support groups, community awareness initiatives, information and referral services, and family events, including summer camps throughout the year.

Website	https://newhopeforkids.org/about-us/contact/
Location	544 Mayo Ave, Maitland, FL 32751
Phone	(407) 331-3059
Language Options	English
Fee	Free
Service Delivery Options	In-person and Virtual

Florida

Tidewell Hospice and Palliative Care - Venice House

The Tidewell Family Grief Center is a specialized facility that provides support, counseling, and resources to individuals and families who are coping with the loss of a loved one. The center aims to provide compassionate care and support to those who are grieving, helping them to cope with their loss.

Bereavement Services

The Tidewell Family Grief Center offers individual counseling, support groups, workshops, children's grief support, community outreach, and memorial services to help individuals and families cope with grief and loss.

Website	https://tidewellhospice.org/grief-services/
Location	210 Wexford Blvd, Venice, FL 34293
Phone	English (941) 845-3061; Spanish (941) 894-1704
Language Options	English, Spanish
Fee	Free
Service Delivery Options	In-person and Virtual

National

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is a national organization with local chapters that is dedicated to saving lives and bringing hope to those affected by suicide through funding research, educating the public, advocating for policies, and supporting survivors of suicide loss.

Bereavement Services

The AFSP website is a community hub where grieverers can read others' stories and connect with those also bereaved by suicide through their Healing Conversations Program. AFSP also offers a Resource and Healing Guide, educates on suicide prevention, and provides information on local, non-affiliated support groups.

Website	https://afsp.org/
Location	All Virtual (excluding events)
Phone	N/A
Language Options	English, Spanish, Accessible to Blind Users
Fee	Free
Service Delivery Options	In-person and Virtual

Eluna Network

Eluna's mission is to support children and families affected by grief or addiction. Their innovative resources and programs address the critical needs of children facing overwhelming emotions due to the death of a loved one or substance abuse in their family. Eluna believes no child should navigate these challenges alone, offering unique programs that bring kids together to find healing and restore hope.

Bereavement Services

Eluna offers Camp Erin, a program that allows kids facing grief and/or substance abuse situations in their home to attend a "camp experience." Campers are provided a safe environment where they can explore their grief, learn essential coping skills, share in community with others who are also grieving, and have fun. Additional services, along with a virtual Camp Erin, are available for the entire family beyond the camp experience.

Website	https://elunanetwork.org/
Location	Every Major League Baseball City (31 locations)
Phone	(317) 300-4849
Language Options	English
Fee	Free
Service Delivery Options	In-person and Virtual

National

End Well

End Well is dedicated to ensuring all people experience the end of life in a way that aligns with their values and goals. They aim to transform thinking around the end of life, bringing together a multidisciplinary community to create a cultural shift.

Bereavement Services

End Well provides numerous resources on their website, including posting articles and talks by various experts and culturally significant people in the healthcare, hospice, and bereavement fields. They also host virtual events and post interactively across multiple social media platforms to spread their message.

Website	https://endwellproject.org/
Location	All Virtual
Phone	N/A
Language Options	English
Fee	Free
Service Delivery Options	Virtual

HealGrief

HealGrief supports the bereaved by offering a virtual location where individuals and communities can communicate, connect, mourn, and heal, celebrating a loved one's life. They aim to promote grief education and offer resources to grievers to cope after loss.

Bereavement Services

HealGrief aims to provide understanding of grief and healthy grief recovery by connecting grievers to local and national bereavement services both in-person and virtually. In addition to one-on-one grief coach support, they also offer virtual grief support groups for those 18+ through their free AMF app.

Website	https://healgrief.org/
Location	9663 Santa Monica Blvd., 419 Beverly Hills, CA 90210
Phone	Not Available
Email	admin@healgrief.org
Language Options	English
Fee	Free
Service Delivery Options	Virtual

National

Help Texts

Help Texts is a personalized subscription texting service that provides a full year of grief or caregiver support directly to subscribers' cell phones.

Bereavement Services

Help Texts' messages are personalized based on factors such as relationship, diagnosis, cause of death, age, and more. This service offers a discreet and convenient way to receive expert support directly to subscribers' phones. Text support is an effective method for obtaining mental health assistance. Subscriptions also include the option to add two supporters who can receive Help Text messages as well.

Website	https://helptexts.com/
Location	All Virtual
Phone	Contact Via Form on Website
Language Options	English, Spanish
Fee	\$99.00/year
Service Delivery Options	Virtual

Hospice Foundation of America

Hospice Foundation of America educates the public and healthcare professionals about death, dying, and grief. They bring together leading experts to contribute to educational materials and programs, fund research, support hospice and grief initiatives, and provide financial assistance in times of disaster.

Bereavement Services

Hospice Foundation of America (HFA) educates caregivers and griever alike by providing numerous articles and resources on their website. The HFA website also provides a tool to find an appropriate, local grief support group. There are also a number of live events available that are free to HFA members.

Website	https://hospicefoundation.org/
Location	1707 L St NW, Suite 220, Washington, DC 20036
Phone	(202) 457-5811
Language Options	English
Fee	Free Website Access, Membership Costs Apply
Service Delivery Options	In-person and Virtual

National

Modern Loss

Modern Loss is a platform for sharing the often taboo, surprisingly humorous, and unexpectedly beautiful aspects of navigating life after a loss, welcoming newcomers to the community.

Bereavement Services

Modern Loss is a social-media-presenting website where grieverers can read diverse, and often comical, personal essays from people who have experienced numerous different types of losses. Among these stories are resources to help thrive in the face of grief, ways to connect to those who “just get it,” and helpful how-to articles for things like managing grief during the holidays or deleting deceased loved ones from social media.

Website	https://modernloss.com/#
Location	All Virtual
Phone	N/A
Language Options	English
Fee	Free
Service Delivery Options	Virtual

National Fallen Firefighter’s Foundation

The National Fallen Firefighter’s Foundation leads a nationwide effort to remember America’s fallen firefighters, created by the United States Congress.

Bereavement Services

Their mission is to honor fallen firefighters by supporting their families and colleagues, aiding other like-minded organizations, and working to reduce preventable firefighter death and injury. This is done by offering numerous resources to families and Fire Departments, as well as hosting memorial services and events. Support groups are hosted twice a week via Zoom for families, and there are scholarships and camp opportunities available for bereaved children.

Website	https://www.firehero.org/
Location	All Virtual (excluding events)
Phone	(301) 447-1365
Language Options	English
Fee	Free
Service Delivery Options	In-person and Virtual

National

National Widowers Organization

The National Widowers Organization is a virtual toolkit for men coping with the loss of a loved one, providing a place for men to meet others going through the same transition.

Bereavement Services

The National Widowers Organization offers widower-to-widower peer support groups, a guide to find local grief support groups, and even a Widowers Dating Page. The website also offers information on navigating loss, testimonial videos, and educational material specific to men's grief.

Website	https://nationalwidowers.org/
Location	25 Osprey Lane, Chilmark, MA 02535
Phone	(774) 361-4474
Language Options	English
Fee	Free
Service Delivery Option	Virtual

Open to Hope

The mission of Open to Hope is to provide an online forum to support people that have experienced loss. Through sharing individual stories with others going through similar losses, Open to Hope aims to help grievers cope with their pain and invest in their future.

Bereavement Services

Open to Hope, found at [OpentoHope.com](https://www.opentohope.com/), is an online platform where individuals can share inspirational stories of loss and love. The platform encourages visitors to read, listen, and share their own stories of hope and compassion.

Website	https://www.opentohope.com/
Location	All Virtual
Phone	Contact Via Form on Their Website
Language Options	English
Fee	Free
Service Delivery Options	Virtual

National

Tragedy Assistance Program for Survivors (TAPS)

TAPS is the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving the death of a military or veteran loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

Bereavement Services

TAPS provides numerous programs for survivors on both a national and global scale. Every Memorial Day weekend since 1994, the National Military Survivor Seminar and Good Grief Camp take place in Washington, D.C. Additionally, TAPS hosts regional seminars for adults and youth across the U.S. and offers retreats and expeditions internationally. Their staff helps connect survivors with local counseling services and guides them through available benefits and resources.

Website	https://www.taps.org/
Location	Locations nationwide
Phone	(800) 959-TAPS (8277)
Language Options	English
Fee	Dependent on service
Service Delivery Options	In-person and Virtual

The Center for Loss & Life Transition

Directed by grief counselor and death educator Dr. Alan Wolfelt, The Center for Loss & Life Transition focuses on supporting individuals who are grieving and those who assist them through education and valuable resources.

Bereavement Services

The Center for Loss & Life Transition "companion" grieving individuals as they mourn significant transitions and losses, providing support and education for mourners and caregivers. They also offer resources to help griever find grief counselors.

Website	https://www.centerforloss.com/
Location	All Virtual
Phone	(970) 226-6050
Language Options	English
Fee	Dependent on Service
Service Delivery Options	In-person and Virtual

National

The Dinner Party

The Dinner Party serves as a platform for individuals in their 20s and 30s who are grieving, allowing them to connect with peers and establish meaningful relationships. They screen, train, and support a network of peer hosts, connecting them with others with similar age and loss experience.

Bereavement Services

Upon signing up, individuals grieving can review host bios and select a match that resonates with them. The purpose of joining a dinner party is to cultivate a lasting community and build connections over time. For those who may be apprehensive about joining a Zoom dinner party, The Dinner Table can provide a buddy as an alternative. Additionally, the website offers various guides and resources on topics ranging from workplace resiliency to coping during the holidays.

Website	https://www.thedinnerparty.org/
Location	All Virtual
Phone	N/A
Language Option	English
Fee	Free to Access Website, Membership Costs Apply
Service Delivery Options	In-person and Virtual

The Dougy Center

The Dougy Center's mission is to provide a safe space for children, teens, young adults, and families grieving a death to share their experiences. Their website offers a wealth of free resources for caregivers and young individuals coping with grief.

Bereavement Services

The Dougy Center offers bereavement support groups following their peer grief support model. Additionally, their Pathways program provides support groups for children and teens with a family member undergoing a serious illness, adults living with illness, and adult caregivers. They also have a program to support children and teens in foster care.

Website	https://www.dougy.org/
Location	3909 SE 52nd Ave, Portland, OR 97286
Phone	(503) 775-5683
Language Options	English, Spanish
Fee	Free
Service Delivery Options	In-person and Virtual

National

The Kitchen Widow

The Kitchen Widow is an online platform dedicated to raising awareness about supporting each other through times of illness and grief, reclaiming the lost art of comforting the soul around food.

Bereavement Services

The Kitchen Window aims to foster modern-day kitchen table talks, building community during difficult times using food as a catalyst. Caregivers and grieverers can watch videos, follow recipes, and bond with others undergoing similar circumstances.

Website	https://thekitchenwidow.com/
Location	All Virtual
Phone	Newsletter Available
Language Options	English
Fee	Free
Service Delivery Options	Virtual

The National Alliance for Grieving Children

The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of grieving children and teens. They provide education and resources for anyone supporting, advocating, and educating about childhood bereavement.

Bereavement Services

The website contains program guides, posters, journaling guides, listening guides, educational talks, toolkits, and articles across a wide spectrum of grief and bereavement topics. NAGC also offers a resource to help find local grief and support centers.

Website	https://nacg.org/
Location	5109 82nd St. Suite 7 #1117, Lubbock, TX 79424
Phone	(866) 432-1542
Language Options	English, Spanish, French, Arabic, Chinese, Portuguese, Dutch, German, Italian, Russian
Fee	Free
Service Delivery Options	Virtual

National

The Zen Hospice Project

The Zen Caregiving Project is a non-profit organization located in San Francisco, California, with more than 30 years of experience in practicing and teaching compassionate caregiving through mindfulness.

Bereavement Services

The Zen Caregiving Project offers courses, workshops, and training for professional, family, clinical, and volunteer caregivers, providing a context for public discussion of caregiving, loss, and death.

Website

<https://zencaregiving.org/>

Location

601 Van Ness Ave STE E3-802, San Francisco, CA 94102

Phone

(317) 300-4849

Language Options

English

Fee

Dependent on Service

Service Delivery Options

In-person and Virtual

What's Your Grief?

What's Your Grief? (WYG) promotes grief education, exploration, and expression in practical and creative ways. They provide specific suggestions for moving forward, modes of self-exploration, and ways to honor and remember deceased loved ones, along with a supportive community.

Bereavement Services

Members of the WYG community have the opportunity to participate in discussions, activities, webinars, and live meetings that cover various topics related to the thoughts, emotions, and experiences often linked to grief, as well as the challenges of adjusting to everyday life after a loss.

Website

<https://whatsyourgrief.com/>

Location

All Virtual

Phone

Not Available

Email

whatsyourgrief@gmail.com

Language Options

English

Fee

Free

Service Delivery Options

Virtual