Grieving Resources

Compassionate Friends, Syosset & Babylon (Mainly for Parents)
For Loss of a child
https://www.compassionatefriends.org/find-support/chapters/chapter-locator/

Cope Foundation, Many locations on LI
Counseling for all, variety of support groups
https://copefoundation.org/
https://copefoundation.org/grief-resources/ (many other resources such as hotlines, websites, organizations, groups, events)

Good Shepherd Hospice
Bereavement Services for all
https://goodshepherdhospice.chsli.org/
516-465-6262

Hospice Care Network
Phone: 516-832-7100
https://www.hospicecarenetwork.org/children-family-bereavement/
4-6 wks counseling free

Camp Good Mourning
https://www.campgoodmourning.org/
631.772.9115
Camp in summer (counseling, activities, support groups)

https://childrengrieve.org/find-support/9-find-support/38-programs-in-new-york

Center for Hope at Cohen

https://childrenshospital.northwell.edu/your-visit/center-for-hope

Center for HOPE - Cohen Children's Medical Center | Northwell Health

The way a child understands death varies according to their age and developmental level. As a child grows and develops, he or she increases their understanding of death and may have new questions about a loss they have experienced.

childrenshospital.northwell.edu

Actively Moving Forward (AMF)

A network connecting and supporting college students coping with grief. Resources and peer-led support groups on over 200 campuses nationwide. Sponsored by Heal Grief.

healgrief.org/actively-moving-forward/

Alive Alone

Support and education for bereaved parents whose only child or all children are deceased.

www.alivealone.org

First Candle SIDS Alliance

Providing bereavement support and counsel to families who have lost babies to SIDS, SUID, and stillbirth. Educating parents and caregivers on ways to prevent sleep-related causes of death in infants.

www.firstcandle.org

GriefNet

An Internet community of people coping with grief, death, and loss. Featuring email grief support groups for all kinds of specific grief situations and other resources.

www.griefnet.org

Grief.com

Education and information – articles, videos, links, and more – offered to help people navigate the challenging road of grief.

www.grief.com

Grief Resource Network

www.griefresourcenetwork.com

Heal Grief

Offering a virtual location where people can communicate about a death, mourn, and celebrate the life of a loved one.

www.healgrief.org

Healing Your Empty Arms

An online course providing a transformation experience of emotional healing, personal growth and spiritual renewal after your miscarriage, stillbirth, loss of your baby or child. Follow this link and receive a $100 discount on the tuition fee.

https://healing-your-empty-arms.teachable.com/p/healing-your-empty-arms/?product_id=932072&coupon_code=BPUSA&affcode=245257_5cdyvamp

Project Grace

Transformative trips that provide an opportunity to honor a loved one through service. For grieving mothers, fathers, siblings, and other family members.

www.project-grace.org

Share Pregnancy and Infant Loss Support

Support and connection for parents who have experienced pregnancy and infant loss. Services include in-person connection, phone communication, online resources, caregiver training, and more.

www.nationalshare.org

The Compassionate Friends

Support and resources for parents, grandparents, and siblings following the death of a child, sibling, or grandchild. Local chapters nationwide and in international locations.

www.compassionatefriends.org

Theravive

Thereavive is a network of licensed therapists and psychologists committed to helping people receive the best mental health care available. Through building bridges with others, we continually strive to lower mental health stigma.

http://www.theravive.com/cities

Ultimate Guide to Grieving Support Resources

Wise Old Sayings has over 40 of the best grief-related resources on the web that are categorized into sections that make it easy to find what you need.

http://www.wiseoldsayings.com/grieving-support-guide/

Bereaved Parents of The USA

They offer lots of online information and resources. There are also local chapters that offer support groups, but the closest to here would be in Poughkeepsie or Suffolk County
https://www.bereavedparentsusa.org/

Other Links and Websites:

- **Alive Alone (www.alivealone.org)**
- **Bereaved Parents of the USA (www.bereavedparentsusa.org)**

- Center for Loss and Renewal (www.lossandrenewal.com)
- Center for Loss in Multiple Birth (CLIMB), Inc. (www.climb-support.org)
- Centering Corporation (www.centeringcorp.com)
- Compassionate Friends (www.compassionatefriends.org)
- Eluna Resource Center (https://elunanetwork.org/resources/)
- Evermore (www.live-evermore.org)
- Faith's Lodge (faithslodge.org)
- First Candle (www.firstcandle.org)
- Grief Haven (www.griefhaven.org)
- Griefnet.org (www.griefnet.org)
- Grief Loss Recovery (https://grieflossrecovery.com/cms/)
- Grieving Child Organization (www.grievingchildren.org)
- Miss Foundation (https://missfoundation.org)
- The National Center for Grieving Children and Families (www.dougy.org)
- Open to Hope (www.opentohope.com)
- Parents of Murdered Children (www.pomc.com)
- Pregnancy Loss Support Program: (www.pregnancyloss.org)
- ShareGrief.com (www.sharegrief.com)
- Good Grief (www.good-grief.org)
- Survivors of Suicide (www.survivorsofsuicide.com)
- The Grief Tool Box (www.thegrieftoolbox.com)
- Tragedy Assistance Program for Survivors (www.taps.org)
- Twinless Twins (www.twinlesstwins.org)
- A Heartbreaking Choice (www.aheartbreakingchoice.com)

Long Island Support Groups

- ## COPE

Program that offers support groups for parents who have lost children or for siblings. The closest groups to Great Neck are in Roslyn.

https://www.copefoundation.org/upcoming-events/

Camp Erin NYC

For families that have experienced the loss of a child or parent. The program is for surviving parents and siblings. There is a free weekend bereavement experience for kids that includes grief support interspersed with more traditional camp activities. There is a program available for parents as well, for a nominal fee.

https://www.copefoundation.org/camp-erin-new-york-city/

- **The Brook House: Brookhaven Memorial Hospital Hospice**
  www.brookhavenhospital.org
  This hospice based in Patchogue, Long Island offers bereavement groups for adults and children in Suffolk County only, including young widows/widowers, adults grieving loss of parents or grandparents, survivors of suicide and others. No fee.
- **Calvary Hospital/Hospice**
  Offers sibling bereavement support groups on Wednesday evenings at Calvary Hospital in the Bronx. Anyone interested must call and schedule an intake sesssion before registering. Please contact Kristen Finneran, MS, at 718-518-2270 or kfinneran@calvaryhospital.org. No fee. Also offers young spouse group, teen bereavement group, a men's group, and a group for parents whose adult child has died (Mondays, 11am-12:30 pm in the Bronx).
- **The Compassionate Friends – Long Island Chapters**
  www.compassionatefriends.org
  This national organization has local chapters with meetings in the following Long Island towns: Babylon, East Quogue, Manhasset, Medford, Rockville Centre, and Syosset. For additional information about Compassionate Friends, contact the National Office or phone 630-990-0010 or (toll-free) 877-969-0010.
- **East End Hospice www.eeh.org**
  This hospice based in West Hampton Beach offers bereavement counseling for children, for men, for families and loved ones of AIDS patients. Groups are primarily for adults, not specific on loss. 12 weeks of focused support with goals set. Bereavement care programs are offered to church groups, therapists, and other civic organizations. In addition, run bereavement camp for children of all ages on Shelter Island.
- **Good Shepherd Hospice https://goodshepherdhospice.chsli.org**
  This hospice offers ongoing (weekly) groups for adults – loss of spouse, parent and general loss – at Mercy Hospital (Wed. evenings) and at their center in Port Jefferson (Wed. afternoons). Individual and family counseling available in both Melville and Port Jefferson. Call 631-465-6300 for more information.
- **Guardian Angels Perinatal Support https://www.stkilian.com/gaps**
  Holds support group meetings for those suffering from perinatal (pregnancy and infant) loss in Farmingdale, NY on the first Friday of the month. Also offers telephone support at (516) 249-8589.
- **Hospice Care Network www.hospicecarenetwork.org**

  99 Sunnyside Blvd, Suite 2

  Woodbury, NY 11797-2946

  Phone: 516-832-7100

  The Hospice Care Network offers bereavement programs (8 weeks) for adults and children ages 4-18. Programs are free and open to the community. Pre-registration required.

- **Joe's Project – support group in Suffolk Co. for survivors of suicide Family Service League New suicide response program offered by the Family Service League with funding from the Suffolk Co. Legislature. Call 1-888-375-2228 for more information.**
- **The Neighborhood House (TNH) of Sayville, Founder and CEO is Michelle Virga. 631-589-0055. Email: mvirga.lcsw@gmail.com**
- **Rehabspot.com-website is designed to not only assist individuals who are struggling with an addiction, but also their loved ones in providing tips on how to go about helping a loved one in need. There is a specific section dedicated to grief and substance abuse. www.Rehabspot.com/Grief**
- ***The Mindful Place* offers Long Island mindfulness meditation and stress reduction (MBSR) courses, events, seminars, guided meditations, and more. https://themindfulplace.net/**

Good Mourning-for retreats

https://www.campgoodmourning.org/

The Coalition to Support Grieving Students

https://grievingstudents.org/

The Coalition's Website includes 5 Modules Full of Resources. Each topic includes instructional videos as well as flyers to assist you and other educators.

Conversation & Support

Talking With Children

What Not to Say

Providing Support Over Time

Peer Support

Developmental & Cultural Considerations

Concepts of Death

Connecting With Families

Cultural Sensitivity

Reactions & Triggers

Impact on Learning

Guilt & Shame

Other Reactions

Grief Triggers

Practical Considerations

Funeral Attendance

Secondary & Cumulative Losses

Coordinating Services &

Supporting Transitions

Social Media

Crisis and Special Circumstances

Death & School Crisis

Suicide

Commemoration & Memorialization

Potentially Life Limiting Conditions

Professional Preparation & Self Care

Professional Preparation

“Wherever You Are, We’re There for You” — New York State Resources

New York State Resources including Grief Camps, Grief Organizations and Hospice Programs

Prepared by The New York Life Foundation and the Moyer Foundation