

Grief & Loss Resources

CRISIS SUPPORT NUMBERS

Call National Suicide Hotline (800) 784-2433

Text HOME to 741741 (to text with a crisis counselor)

Call Pleasanton Police Dept (925) 931-5100

Alameda County Crisis Support

Grief Counseling: 1-800-260-0094

24 Hour Crisis Line 1-800-309-2131

Main Office: Marjorie (510) 420-2485

Crisis Support Services of Alameda County offers support to people of all ages and backgrounds during times of crisis. Individual, Group & Family Grief Counseling services are provided by counselors in training supervised by licensed therapists. There is a sliding scale fee based on income; no one is turned away for inability to pay. Visit www.crisissupport.org for more information.

Camp I Believe

Mount Hermon Redwood Camp, Santa Cruz

Christina Voissem (925) 737-0203 [christina.voissem@gentiva.com]

Cost: Free

A free weekend camp for students ages 7-17 who have suffered a significant loss-the death of a loved one. The death does NOT have to be related to hospice care or illness or Kindred. Further, there are no time frames related to the death, as children continue to grieve as they mature. There are no restrictions on who the loved one might be, it can be a parent, grandparent, sibling or other close family member or friend. The weekend focuses on 4/5 fun activities and 1/5 grief activities, which are appropriate for children. Our camp is staffed by experienced camp professionals, social workers, chaplains, bereavement counselors and other trained adult volunteers. There is no cost and all that is required of parents or guardians is transportation to and from the camp.

Grief Hotline

1-800-837-1818

Individuals in need of grief support can either speak to a trained grief counselor on this hotline 24/7, or they can text HOPE to 27121 from 8am-11pm.

Hope Hospice

6500 Dublin Blvd #100, Dublin CA 94568

(925) 829-8770

Cost: Free

Clinicians offer workshops throughout the year (November & December getting through the holidays), children's group (6-12 yo) and teen group (13+ yo), and adult

closed groups that run 6 weeks long with parent groups happening at the same time. Also offers a drop-in pet loss support group on the 2nd and 4th Mondays of the month. Willing to start groups whenever there is a need. Not offering individual sessions at this time.

Kindred Hospice

4120 Dublin Blvd, Suite 105, Dublin CA 94568

(925) 737-0203

Cost: Free

Kindred provides family grief support, as well as grief groups, and a camp for ages 7-17 that meets each year at Mount Herman for a weekend. Grief books are available through them that help children process loss through journaling. The group is open to the public and free. Drop ins are welcome and the group meets on the 1st Monday of the month from 4-5:30pm. Contact Grief Bereavement Coordinator, Christina Graham for more information.

Missing Man Ministry

2843 Hopyard Road, #141, Pleasanton

(925) 399-5473

Provides transitional assistance to families following the loss of a husband or father, and connect survivors to its network of proven care and service providers for long-term solutions. Missing Man Ministry can assist with: home/auto repair and maintenance, financial planning and counseling, grief care and recovery, transitional services, and emergency support. People interested in support can either call or fill out the interest form online at missingmanministry.org

Survivor Benefits

1-800-772-1213

It is important to report a death to Social Security, because some of the deceased's family members may be able to receive Social Security benefits if the deceased person worked long enough in jobs insured under Social Security to qualify for benefits. Contact Social Security as soon as you can to make sure the family gets all the benefits they're entitled to. Click [here](#) to learn more about who would qualify.

Tri-Valley Community Counseling

739 Main Street, Suite G, Pleasanton

(925) 307-6511

Cost: \$100/session for both individuals and families

Local agency that has therapists that specialize in grief and bereavement therapy. A free pet loss grief support group meets on the 2nd and 4th Monday of each month from 7-8:30pm. Call Michele for a short intake at (925)307-6511 before



attending the group. Visit <http://www.tri-valleycommunitycounseling.com> for more information.