

GRIEF AND BEREAVEMENT RESOURCES

Fall 2020

Here are several grief support group and counseling services. Please go to individual websites for the most up to date information. For questions or more information, contact John Rokoszak, Pastoral Associate at Our Lady of Mercy Church, Park Ridge, NJ. John.rokoszak@urolm.org.

PASCACK MENTAL HEALTH CENTER

WELLS FARGO BUILDING - 2ND FLOOR
114 KINDERKAMACK ROAD - P.O. BOX 126 - PARK RIDGE, NJ 07656
<http://www.pascackmentalhealthcenter.com/>

HEARTS & CRAFTS COUNSELING

442 Broadway
Hillsdale, NJ 07642
201-818-9399
www.heartsandcraftscounseling.org

AARP Grief and Loss Programs

Offers a wide range of resources and information on grief and loss issues to adults who are bereaved. Family members welcome. Programs include one-to-one outreach support (e.g. widowed persons service), a grief course, support groups, interactive online support group, informational booklets and brochures. 601 East Street NW, Washington DC, 20049. Call 1-888-OUR-AARP (1-888-687-2277) or email griefandloss@aarp.org.

Compassionate Friends

Providing grief support after the death of a child. Bergen/Passaic County Chapter. 4th Tuesday of each month at Mountain Avenue Auditorium at Christian Health Care Center in Wyckoff at 7:30 pm. For information, call 201-567-0089. Note: Chapter also offers a sibling subgroup 18+. Email TCFBergenNJ@aol.com.

Grief and Loss Support Groups (CancerCare)

Online support groups for people who have lost a spouse or partner, a parent or a loved one to cancer. Groups are led by an oncology social worker for people to provide support to each other and share resources and information. Call 1-800-813-4673 for more information.

Survivors After Suicide

Professionally-run self-help group provides support for family members and friends of people who died by suicide. No Cost. Meets 1st and 3rd Wednesday, 7:15-8:45 pm, at Vantage Health, 2 Park Ave., Dumont, NJ. Contact Amy Knitzer at 973-978-3957, Pat Bonanno at 845-268-4130 or Vickie Simpson at 201-790-6080.

Holy Name Hospital Bereavement Support

The death of a loved one can result in a range of physical, emotional, social, economic and spiritual needs. Holy Name Medical Center offers a bereavement program that may help surviving adults and children cope with their grief after suffering the loss of a loved one.

- Spiritual/grief counseling
- Bereavement support groups
- Follow-up counseling for one year
- Referrals to community resources

For information on bereavement support, call 201-833-3000, ext. 7580.

BOOKS

Below is a link to an excellent article with a description of books for adults, teens and children experiencing loss.

<https://nymag.com/strategist/article/best-books-grief.html>

Some examples are:

Awakening from Grief: Finding the Way Back to Joy – by John E. Welshons (Inner Ocean Publishing, 2003)

How to Go on Living When Someone You Love Dies – by Therese A. Rando (Bantam Books, 1991)

The Journey Through Grief: Reflections on Healing – by Alan D. Wolfelt (Companion Press, 1999)