

GRIEF SUPPORT: WHERE TO GET HELP

Individual and group therapy can be enormously helpful in helping individuals deal with grief. Below are some local and on-line resources that can help. Funeral homes and places of worship will also have grief support resources and may be able to help you locate a support group.

What You Need To Know About Grief Support Groups: Most people feel shy about joining a Grief Group, but support groups are a time-tested method of help for people struggling with all sorts of difficulties. Although no one has a magic formula for “fixing” grief, it is often helpful to be with others who deeply understand how you are feeling. A Grief group can provide members with validation and understanding of the intensity of their experience. It can combat isolation by providing members with a compassionate community that will support them in their struggle, while allowing members the opportunity to share their strengths and coping strategies. This sharing provides affirmation and hope that one can survive loss.

Hospices/Funeral Homes:

Capital Caring: Provide telephone support, individual/family grief counseling, support groups, workshops
1-800-869-2136 (Alexandria, Arlington, Falls Church, Merrifield, Washington DC)
<https://www.capitalcaring.org/>

Vitas Hospice: Literature for grief-related needs and support
1-855-776-0024 (Manassas, Vienna, and Washington DC)
<https://www.vitas.com/>

Heartland Hospice: Provide grief counseling, support groups, telephone support
703-832-0326 (Alexandria, Arlington, Fairfax, Loudoun, Prince William)
<https://www.heartlandhospice.com/>

Hospice of St. Mary's: Counseling, support groups
301-994-3023 (Callaway)
<https://www.hospiceofstmarys.org/grief-support/>

Hospice of Charles County, Inc: Bereavement support, support groups
301-861-5300 (Waldorf)
<https://hospiceofcharlescounty.org/>

Fairfax Memorial Funeral Home: Grief support groups
703-425-9702 (Fairfax)
<https://www.fairfaxmemorialfuneralhome.com/resources/grief-support-groups>

Hospitals:

INOVA Life with Cancer: Counseling and education, programs, support groups, and resources
703-206-5433 (Fairfax)
<https://www.lifewithcancer.org/get-help/grief/>

Virginia Hospital Center: Helpline to connect with licensed counselors
703-558-6012 (Arlington)
<https://www.virginiahospitalcenter.com/>

Holy Crisis Health: Bereavement support, support groups
301-754-7742 (*Silver Spring, Germantown*)
<https://www.holycrosshealth.org>

Non-Profits:

Haven of Northern Virginia: Counseling, support groups, workshops, bereavement information
703-941-7000 (*Annandale*)
<http://www.havenofnova.org/>

Wendt Center for Loss and Healing: Counseling and resources for grief
202-204-3021 (*Washington, D.C.*)
<http://www.wendtcenter.org/>

Community Organizations:

The Path To Well-Being: Grief counseling for individuals and couples
703-382-6871 (*Manassas*)
<https://www.thepathtowell-being.com/grief-counseling>

GRASP (Grief Recovery After a Substance Passing): Grief groups one Tuesday/month
703-220-7679, ask for Lana Zylka (*Chantilly*)
<http://grasphelp.org/northern-va-chapter/>

LAMPS (Life After Miscarriage, Perinate Loss, and Stillbirth): Community support and monthly meetings (*Prince William County, Loudoun County*)
<https://www.lifeaftermps.org/northernvirginia.html#/>

Postpartum Support Virginia: Virtual support groups
703-829-7152 (*Multiple Northern Virginia locations*)
<https://postpartumva.org/support-groups/>

Other Grief Support Resources:

The Compassionate Friends: Support after the death of a child
<https://www.compassionatefriends.org/>

AARP Grief and Loss Resources: Support after the death of a senior
<https://www.aarp.org/home-family/caregiving/grief-and-loss/>

National Widower's Organization: Support for men grieving a loss
<https://nationalwidowers.org/>

American Foundation for Suicide Prevention: Support for suicide survivors
<https://afsp.org/>

GriefNet: Email support groups for adults grieving a loss
<http://www.griefnet.org/>

Hello Grief: Support for adults and kids grieving a loss
<http://www.hellogrief.org/>

GriefShare: Directory of grief support groups
<https://www.griefshare.org/findagroup>

Grief In Common: Online support groups
<https://www.griefincommon.com/>

Grief Anonymous: Facebook support groups
<https://griefanonymous.com/facebook-groups/>

SAVE (Suicide Awareness Voices of Education): Resources for those who have lost loved ones to suicide
<https://save.org/find-help/coping-with-loss/>

My Grief Angels: English/Spanish video groups for those who have lost loved ones to COVID-19
<https://griefsupportonline.com/>

Widow Care: Grief support groups in the DMV area
<https://www.widowcare.org/resources>