

Experience has taught me that to share is to heal.

Grief and pain are the price we humans pay for the love and total commitment we have for another person.

The more we love, the greater the pain. But, would we have it any other way?

Memories are a gift from God, to those left behind.

They bring comfort, joy and laughter. They enable one to live on forever in the hearts of those they loved.

Pet Loss

SPCA of Texas, 1-888-ANIMALS, www.sPCA.org
Diane Pomerance, Ph.D. 214-651-9611, ext. 172
Pet Grief Counseling Program
Pet Loss Support Group & Telephone Counseling
Support group first Saturday each month, 1:00
362 S. Industrial Blvd., Dallas, Texas 75207
Info@animalcompanionsandtheirpeople.com

Grief Share

Grief support programs offered by a number of local churches, from a Christian biblical perspective. To find locations go to www.griefshare.org/findagroup

Contact your local place of worship to get information on their grief support services offered.

Each day will bring new challenges and new opportunities.

Take time to grieve and then make an effort to begin anew.

There is a new beginning awaiting you; with belief in yourself and by taking one step at a time - You can do it!

A Helpful Resource Guide was compiled with recommendations from VNA Hospice, for the families of Stewart Enterprises, Inc.

For more information contact Restland Funeral Home at 972-238-7111.

www.RestlandFuneralHome.com

updated: 2/2010

Take Time to Grieve

A Helpful Resource Guide

Grief (grēf) noun

- 1: intense sorrow caused by loss of a loved one (especially by death) [syn: heartache, heartbreak, brokenheartedness]
- 2: something that causes great unhappiness; "her death was a great grief to John" [syn: sorrow]
- 3: Deep mental anguish, as that arising from bereavement.

Bereavement

Restland Funeral Home

Remembrance Memorial Services held in March, August and November to remember, honor and celebrate loss of a loved one.

Sandra Moudy, (972) 238-7111
www.RestlandFuneralHome.com

Visiting Nurse Association Hospice

Bereavement luncheons, support groups, workshops
Dallas County: Sue Rafferty, (214) 689-2922
Collin County: Molly Harrison, (972) 562-0140
Kaufman county: Clayton McCord, (972) 962-7500
Tarrant County: Sue Rafferty, (817) 654-4494
Denton County: Molly Harrison, (940) 349-5900

Medical Center of Plano

Ginny Robinson, (972) 519-1588
"Healing Matters I & II"
3901 W. 15th St., Plano, TX 75075

Support-Understanding-Encouragement

Educational seminars and support groups for persons who are experiencing grief due to death, a life-threatening illness, divorce, etc.

Highland Park UMC, (214) 523-2241

GriefShare, www.griefshare.org
3300 Mockingbird Lane, Dallas, TX 75206

St. Mark Pastoral Center

"New Day" Available in English & Spanish
Sylvia Garcia, (972) 423- 5600 ext. 230
1100 W. 15th St., Plano, TX 75075

St. Gabriel The Archangel Catholic Community

10 week series group offered for grief support
Audrey Sanazaro, (972) 542-7170
110 St. Gabriel Way, McKinney TX 75071

Norway Christian Church, (214) 361-6641

Each group consists of six weekly meetings.
www.northwaychristian.org

Widows and Widowers

Widowed Persons Support Group, (214)358-4155

9027 Midway Rd, Dallas, TX 75209

An all volunteer organization; the city is split into 12 regions and there are activities going on all the time: grief counseling; social activities; breakfasts.

Loss of a Child

The Compassionate Friends

We need not walk alone. We are the compassionate friends. At TCF parents, adult siblings, and grandparents can all gather with others who understand, because they, too, are mourning the death of a child. **Local chapters** can be found at www.CompassionateFriends.org

National toll-free number: (877) 969-0010

Medical Center of Plano

Ginny Robinson, (972) 519-1588
"Healing Matters I", Support group, loss of baby
3901 W. 15th St., Plano, TX 75075

MEND, Mommies Enduring Neonatal Death

Rebekah Mitchell (972) 506-9000
P.O. Box 1007 Coppell, Texas 75019
www.mend.org

Children and Families

Grief Works, (972) 960-9981

Larry Barber, Director
6320 LBJ Freeway, Suite 122, Dallas, TX
lbarber@christian-works.org
www.christian-works.org

Journey of Hope, (972) 964-1600

Susan Tucker Williams, Executive Director
3900 W. 15th St., Suite 306, Plano, TX
director@johgriefsupport.org
www.johGriefSupport.org
Grief support now available for young adults.

The Warm Place (817) 870-2272

Peggy Bohme, Executive Director
809 Lipscomb Street, Fort Worth, TX 76104
www.thewarmplace.org

SafeHaven: Ann's Haven VNA, (940) 349-5900

216 West Mulberry Street, Denton, TX 76201
Contact: Molly Harrison, (972) 562-0140

Cancer

Gilda's Club North Texas (loss from cancer)

Cindy Schneible, (214) 219-8877
2710 Oak Lawn, Dallas, TX 75219
cschneible@gildasclubtx.org
www.GildasClubTX.com

Patient Comprehensive Cancer Center

Tina Withrow, (972) 395-1010
Grief Support Group
4352 N. Josey, Carrollton, TX 75010
www.pccctx.com

American Cancer Society, Life after Loss

A bereavement support program for anyone who has experienced the death of a loved one from any cause including cancer. Groups are facilitated by experienced health professionals. For dates and times of current sessions, please contact the Patient Services Department at 214-819-1250.

Suicide Loss

The Suicide and Crisis Center

Survivors of Suicide- SOS
A support group program facilitated by trained counselors for family and friends of those who have completed suicide.
(214) 828-1000 or (866) 672-5100
2808 Swiss Ave., Dallas, TX 75204
www.sccenter.org

Suicide Survivors, (817) 698-9955

Mackey Brittan, Founder/Program Director
750 West Fifth Street, Fort Worth, TX 76102

Families of Homicide Victims

Victim's Outreach, (214) 358-5173

Individual and group counseling, resources for victims of violent crime, homicide support group.

Parents of Murdered Children

To provide support and assistance to all survivors of homicide victims while working to create a world free of murder. www.pomc.org
Jo Ann Starkey, (972) 298-7398
Steve Roberts, (817) 914-8689