

# Delaware Grief Awareness Consortium's

## Bereavement Resource Directory

**September, 2013**

# Letter To Our Readers

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## A Letter from the Delaware Grief Awareness Consortium to Our Readers

Dear Friends,

At some time in life, we will face the loss of someone we love. Loss is a part of being human and affects us all. As common as it is, we frequently do not know where to turn to understand our feelings of grief or how to find help and support for ourselves or others.

Established in 2009, the **Delaware Grief Awareness Consortium** is a group of interested volunteers with expertise and experience in the delivery of supportive services to grieving children and adults. The Consortium's mission is to promote public understanding of the processes and expression of grief in friends, families, and communities and to connect people with help and resources when and where they are needed. In 2010, the Consortium presented the second successful annual community workshop, *Living with Loss*, and published the first edition of *The Directory of Bereavement Resources* in recognition of Delaware's Grief Awareness Week. The Governor proclaimed the week starting the first Sunday in November as a time to remember and support those who are mourning the loss of loved ones. In 2012, the Consortium sponsored professional educational meetings in each county on topics such as death as depicted in children's movies, grief in military families, and cultural aspects of death and bereavement in Latino and American Indian families. In 2012, a variety of organizations and individuals provided opportunities during Grief Awareness Week for the public, their employees or students, to learn more about grieving and to use the arts or other activities to express feelings related to loss and bereavement. By 2013, the Delaware Grief Awareness Consortium decided to expand Grief Awareness Week to Grief Awareness Month to accommodate the growing number of community programs and activities throughout November. We continue to serve our mission to help you access information, support, and opportunities to express and share your thoughts and feelings through our three working committees – Education and Communications, Membership, and Grief Awareness Month Planning. We are always looking for volunteers to help us with our webpage and program planning.

This directory remains a work in progress with this- our third and latest online edition, available on our website, [www.degac.org](http://www.degac.org). Our goal is to update the directory frequently and to add new and valuable resources. Please help us make this directory a critically valuable resource by making specific suggestions regarding inclusions and revisions by contacting us by email at [support@degac.org](mailto:support@degac.org).

With compassion, resources, and a grief-aware community, there is hope for healing.

The Steering Committee of the Delaware Grief Awareness Consortium

Directors: Nina Bennett, MS (Christiana Care Health Services), Christine Cannon, PhD, RN (Arsht-Cannon Fund), Stephanie Traynor, PsyD, MBA (Supporting KIDDS); Secretary Sharon Simmons (Angel in the House); Treasurer Kathy J. Bauer ChFC (Ameriprise Financial Services)

# Introduction to Directory

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**We have divided these resources into Crisis and Urgent/Acute Care and Grief Support and Treatment Services in order to assist readers in more easily locating the appropriate resources and services. Some agencies offer services in both areas, others do not. Below is a description of each category so that you can better determine what service may be the best for your needs.**

## **Crisis and Urgent/Acute Care**

These crisis and acute care services are designed to meet your immediate emotional and behavioral health needs. They are short-term services that may provide information or immediate support or care to ensure you and your family are safe. The agencies providing these services typically provide assistance for many types of problems, not only those related to the death of a family member or friend, or other loss. Rather, the primary focus of these agencies is to ensure your safety and immediate well-being. Some of these services consist of phone support only, while others may provide face to face support, though typically for a short period of time.

## **Grief Support Services**

Grief support services are designed to help those who are grieving a significant loss by working with you through this difficult time. These services often connect you with others going through similar situations and experiences, as with support groups. Other services may primarily provide information, such as consultations, print materials, or referral to other agencies. Support services are designed to offer companionship and, in some cases, professional guidance, as you negotiate a normal, but often very difficult and painful path through your grief.

Loss, however, is a universal experience that does not happen in isolation. Often, other significant stressors occur simultaneously, complicating your grief. The loss may have such a significant and enduring impact on your life that it is difficult to function at school, work, or home. Grieving may negatively impact your important relationships. When this happens, it may be helpful to turn to a mental health professional for individual, family, or group therapy for your unique needs.

## **Educational Resources**

A large variety of books for different ages and situations are listed. Many of these books are available at Christiana Care Health System Libraries (as identified by a superscript “C” and/or libraries throughout Delaware. See other informative resources such as websites and our online calendar for events.

## **Disclaimer**

The listings in this directory are meant to be as accurate, up-to-date and complete as possible. The Delaware Grief Awareness Consortium does not in any way intend for this to be a recommendation of specific services for specific individuals or families. There is no rating system and we do not have the capacity to evaluate each agency. We solely strive to bring as much information to you as possible with regard to the services and resources available for those who are grieving. You are welcome to print this directory or specific pages for personal use or for use by your clients, but acknowledgement of the “Delaware Grief Awareness Consortium, [www.degac.org](http://www.degac.org) and date of publication” must remain on printed copy. **Copies may not be sold.**

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# Crisis and Urgent Support Care Services

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## **CRISIS HOTLINE**

### **Contact Crisis Helpline**

Hotline: 1(800)262-9800 or (302) 761-9100

TTD: (302) 761-9700

Area Served: Statewide

Hours of Operation: 24 hours, 7 days per week for CONTACT Crisis Helpline, 8:30 – 4:30 M-F, for office

CONTACT\_Crisis Helpline Services provide immediate statewide toll-free 24-hour access to telephone counseling, crisis intervention, suicide prevention, information and referral services for anyone in need.

## **Department of Children, Youth and Families:**

### **Division of Prevention and Behavioral Health Services**

1825 Faulkland Road, Wilmington, DE 19805

(302) 633-2600 – Main Office

(302) 633-2571; (302) 633-2591 – Statewide Intake

**1 (800) 722-7710 – Child Priority Response** - emergency help with a child's emotional problem

Area Served: Statewide

Hours of Operation: Crisis Services available 24 hours a day

Provides a statewide continuum of prevention services, early intervention services, and mental health and substance abuse (behavioral health) treatment programs for children and youth. These services have graduated levels of intensity and restrictiveness that are child-centered and family focused.

Child Priority Response Services is a 24-hour crisis line providing services for youth under 18 years of age. The CPRS assists children who may be in need of emergency hospitalization, who are exhibiting self destructive behavior, or who are exhibiting symptoms of severe psychiatric illness. A trained crisis worker or team will assist with the crisis. The crisis worker or team will work with the caretakers on a short-term basis and make appropriate referrals for follow-up services.

## **Delaware Help Line 211**

Dial 2-1-1 for telephone assistance to find health and social service programs and information.

[www.delaware211.org](http://www.delaware211.org)

Area served: Statewide

Hours of operation: 8:00 am to 8:00pm, Monday through Friday

For telephone or computer assistance with questions related to health and social services.

## **National Suicide Prevention Hotline**

**1(800) 273-TALK**

# Crisis and Urgent Support Care Services

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## **Mobile Crisis Intervention Service**

**Statewide: 1(800)-652-2929 or 1(302)577-2484**

Hours of Operation: 24 hours a day, 7 days a week

Mobile Crisis Intervention Service (MCIS) is the emergency mental health program of the Community Mental Health Center, under the Division of Substance Abuse and Mental Health. Staff is available 24 hours a day to assist help adults experiencing a mental health, substance abuse or gambling crisis . These problems may include depression, major life changes such as unemployment or loss of a loved one, anxiety, feelings of hopelessness, thoughts of suicide, delusions, paranoia and substance abuse.

For substance abuse services, call any of the following treatment providers to make an appointment for screening and assessment:

Brandywine Counseling	(302)472-0381
Connections CSP, Inc.	(866)477-5345
Kent Sussex Counseling Services	(302)735-7790
Thresholds Inc.	(302)856-1835

## **MeadowWood Behavioral Health System, Psychiatric and Addiction Assessment and Referral Center**

575 S. DuPont Highway, New Castle, DE 19720

**Statewide: 1-(800) 289-8336**

Area Served: Statewide

Hours of Operation: 24 hours a day, 7 days a week

This department provides face-to-face assessments, evaluation and care level determinations. MeadowWood also provides in-patient and out-patient psychiatric and addictions treatment to adolescents and adults.

## **Rockford Center, Assessment and Referral Center**

100 Rockford Drive, Newark, DE 19713

**(302) 996-5480**

Area Served: Statewide

Hours of Operation: 24 hours, 7 days a week

The Assessment and Referral Center (ARC) staff provides face-to-face assessment, evaluation and recommendations for referral services. Children and adolescents must be accompanied by a parent or legal guardian. Scheduled appointments preferred. Rockford Center offers inpatient, partial hospitalization, and outpatient psychiatric services for: children ages 4-12, adolescents ages 13-17, adults 18-65, and older adults 65+.

# Crisis and Urgent Support Care Services

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## **Child Development Community Policing (CDCP) Program**

**(302)576-3183 Monday through Friday**

Area Served: Wilmington

The Child Development Community Policing (CDCP) Program is a partnership between Wilmington Police Department and mental health professionals. The CD-CP provides free, trauma-response and community-based, prevention counseling for children and their families when children may have been exposed to potentially traumatic events.

## **National Alliance on Mental Illness in Delaware (NAMI Delaware)**

2400 W. 4<sup>th</sup> Street, Wilmington, DE 19805

[www.namidelaware.org](http://www.namidelaware.org)

(302) 427-0787 – Main Office

**(888) 427-2643 – Help-Line- Operational during normal business hours.**

Area Served: Statewide

Hours of Operation: 8:30- 4:00, M-F

NAMI Delaware provides a telephone Help-Line service during normal business hours. Through this service, NAMI Delaware staff provides emotional support for families and loved ones dealing with mental illness including depression, bipolar disorder, and other mental illnesses. Issues such as problem solving, communication techniques, crisis and relapse prevention and care for the caregiver are often addressed. Information about housing and other helpful community resources (support groups, agencies, books, videos, and websites) are shared.

## **Supporting Kidds**

1213 Old Lancaster Pike, Hockessin, DE 19707

**(302) 235-5544**, fax (302) 235-2672

[support@supportingkidds.org](mailto:support@supportingkidds.org)

[www.supportingkidds.org](http://www.supportingkidds.org)

Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment

Supporting Kidds offers a full-range of support and clinically-based services for children and families experiencing issues related to loss and death. They provide assessments, education and referrals as part of individual, group and family therapy for children ages 5-18 and their caregivers. Supporting Kidds also offers services and resources in Spanish.

# Crisis and Urgent Support Care Services

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## **POLICE/VICTIM SERVICES**

### **Delaware State Police Victim Services/Delaware Victim Center**

**24 hour toll free hotline 1-800-VICTIM-1**

Troop 2, 100 Lagrange Avenue, Newark, DE 19702, (302) 834-2626 x 236

Troop 3, 3036 Upper King Road, Dover, DE, (302) 697-4454 x 206

Troop 4, 23652 Shortly Road, Georgetown, DE 19947, (302) 856-5850 x 253

Troop 5, 9265 Public Safety Way, Bridgeville, DE 19933, (302) 337-1008

Troop 6, 3301 Kirkwood Highway, Wilmington, DE 19808, (302) 633-5000 x 229

Troop 9, 414 Main Street, PO Box 627, Odessa, DE 19730, (302) 378-5749 x 221

Milford State Service Center, 13 S W. Front Street, Suite 105, Milford, DE 19963, (302) 422-1562

Area Served: Statewide

Hours of Operation: 24 hours, 7 days a week

Provide crisis intervention, information and referrals. Available to respond to crime scenes, hospitals, and homes at the request of the investigating police agency.

## **Department of Justice**

**Wilmington:** 820 N. French Street, Wilmington, DE (302) 577-8500, Fax (302) 577-2496

**Kent County:** 102 W. Water Street, Dover, DE (302) 739-4211, Fax (302) 739-6727

**Sussex County:** 114 Market Street, Georgetown, DE (302) 856-5353, Fax (302) 856-5369

**Toll Free Line – 1-(800) 870-1790**

**Spanish Assistance Line – 1-(877) 851-0482**

Area Served: Statewide

Hours of Operation: 8:00 – 5:00 M-F

Victim-Witness Assistance Program: Social workers and victim service specialists provide information and support to victims of crime during prosecution. All victims and witnesses receive information about status of the case, available resources, crisis counseling and restitution, and assistance with filing for Violent Crimes Compensation. Social workers provide supportive services and court accompaniment.

## **Dover Police Department Victim Services**

400 S. Queen Street, Dover, DE

**(302) 736-5064**

**[www.doverpolice.org](http://www.doverpolice.org)**

Area Served: Dover

Hours of Operation: 24 hours, 7 days a week

Law enforcement based services for crime victims and survivors. Provide death notifications, bereavement support, and crisis intervention for surviving family members and friends in cases of fatal accidents, homicides, suicides and other deaths. Referrals to community services, criminal justice informational updates, assistance with filing court related paperwork and other services.



# Crisis and Urgent Support Care Services

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## **Newark Police Department Victim Services Unit**

220 S. Main Street, Newark, DE 19711

Contact: Susan Alfree

**(302) 366-7110 ext. 137**

**Emergencies: 911**

Area Served: City of Newark

Hours of Operation: Variable, full-time

Social work services to victims and witnesses of violent crime including (but not limited to): crisis intervention, information and support for the court process, assistance applying for Violent Crimes Compensation, information and referrals for community based services, court accompaniment, assistance with court related paperwork, personal and telephone follow up, police department liaison.

## **New Castle County Police Department Victim Services Unit**

3601 N. DuPont Highway, New Castle, DE

**(302) 395-8193 or (302) 395-8135**

**(302) 395-8117 (Spanish)**

**Emergencies: 911**

Area Served: New Castle County

Hours of Operation: 8:00 – 4:00, M-F

Provide support and information to crime victims and their family members within the New Castle County Police jurisdiction. Services include crisis intervention, information about case status, education and information about the criminal justice system including the Protection from Abuse process, court accompaniment, assistance with filing Violent Crimes Compensation Board claims and referrals to private counselors and social service agencies.

## **Wilmington Police Department Victim Services Unit**

300 Walnut Street, Wilmington, DE

Contact: Stephanie Hamilton

**(302) 576-3622 - Victim Services Coordinator**

**(302) 576-3665 – Bi-lingual Caseworker**

**(302) 576-3648 – Domestic Violence Coordinator**

Area Served: Wilmington

Hours of Operation: 8:30 – 4:30, M-F

Social work services to victims of various crimes, especially those with injury. Information and support for dealing with court processes. Help in applying for victim's compensation. Provides Liaison with law enforcement, public education and advocacy on victim's issues.

# Grief Support Groups & Resources – New Castle County

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## **GRIEF SUPPORT GROUPS & RESOURCES FOR CHILDREN**

### **Compassionate Courage Grief & Bereavement Support Group for Kids K-12**

11 Independence Way, Newark, DE 19713, 1 (866) 999-8744 or (302)-368-8944

[www.cchfoundation.net](http://www.cchfoundation.net)

Area Served: Statewide

Supported by Compassionate Care Hospice Foundation, COMPASSIONATE COURAGE offers the opportunity for kids to express their feelings of grief & loss from illness, murder, suicide, divorce, or military deployment of a loved one. Groups meet for 6 weeks and are offered free of charge, typically in the school setting.

### **Healing Pathways and Pathways Through Life - Supporting Kidds**

1213 Old Lancaster Pike, Hockessin, DE 19707, (302) 235-5544, (302) 235-2672 (fax)

[support@supportingkidds.org](mailto:support@supportingkidds.org)

[www.supportingkidds.org](http://www.supportingkidds.org)

Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment.

Supporting Kidds offers a full-range of support and treatment services for children and families experiencing issues related to loss and death, including anticipatory grief. They provide structured support group programs for children ages 5-18 and their caregivers called Healing Pathways. Families must call Supporting Kidds to apply and register for the support group program. The six-week support group is currently held during the Spring and Fall, on one evening a week from 6:30- 8:00 pm. The new Pathways through Grief program is an educational series for children and families that covers a range of topics beyond bereavement. There are also one night topic-driven support programs, such as a Mother's/Father's Day program, Back to School Night, and Coping with the Holidays. Supporting Kidds offers information, referrals, consultation, assessment, and individual, group and family therapy, as well as professional consultations and workshops, and community education. Supporting Kidds has a full lending library that is open to the public, free of charge. In addition, they publish Family, School, and Serious Illness Survival Kits, informational books regarding loss and death and the impact they have on children. Counseling and resources are available in Spanish.

### **New Hope Program – Delaware Hospice**

16 Polly Drummond Center, Polly Drummond Shopping Ctr., Newark, DE 19711

Statewide: 1(800) 838-9800,

[www.delawarehospice.org](http://www.delawarehospice.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

A nationally recognized program of support, counseling and education for children ages 6–17, and their families, who have experienced the loss of a loved one. It is designed to help children sort through the maze of emotions they experience before and after a loved one dies. The program also offers education

# Grief Support Groups & Resources – New Castle County

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and consultation for community groups, schools, and other agencies. All New Hope Program services are provided free of charge.

## **SUMMER PROGRAMS FOR CHILDREN**

### **Camp Barnes- Delaware State Police Summer Camp**

(302) 856-5850 ext. 212

Camp Barnes is a one week recreational camp for children ages 10 to 13. While not specifically a bereavement program, individual needs of each child are addressed. The Camp offers three different weeks for boys and three different weeks for girls. Camp includes sports activities, swimming, arts & crafts, an outdoor-based activity course that instills confidence, leadership skills, teamwork and self-discipline.

### **Camp New Hope-Delaware Hospice**

1 (800) 838-9800

[www.delawarehospice.org](http://www.delawarehospice.org)

A free 4-day summer camp, held in each county - with transportation provided, in June/July/August for youth ages of 6 to 17, who have lost a family member from any cause. The program is open to all, not just families receiving hospice care.

## **GRIEF SUPPORT GROUPS AND RESOURCES FOR ADULTS**

### **Delaware Hospice Grief Support Programs**

**New Castle County: 16 Polly Drummond Center, Newark, DE 19711**

Statewide: 1 (800) 838-9800 Bereavement Office

[www.delawarehospice.org](http://www.delawarehospice.org)

Call the Bereavement Office or go to the website above to view scheduled programs.

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

Free, year-round grief support groups to help adults learn about the grief process, receive support in a caring environment from those who are going through a similar experience, and ultimately feel less alone and misunderstood in your grief. Groups are facilitated by professional counselors.

Some of the possible 6-week groups may include:

- **Healing after the Loss of a Loved One** for adults experiencing the death of a loved one,
- **Widow, Widower, Life Partner Grief Support Group**: for those who have lost a spouse or partner,

Other possible offerings may include short workshops and monthly get-togethers at a restaurant to share a meal, discussion and/or a talk.

# Grief Support Groups & Resources – New Castle County

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## **The Cancer Support Community (formerly The Wellness Community)**

**New Castle County:** 4810 Lancaster Pike, Wilmington, DE 19807

(302) 995-2850, (302) 995-0834 (fax)

[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

Area Served: Statewide

Hours of Operation: M-F, some evening and weekend hours

The Cancer Support Community Delaware is the local affiliate of the largest provider of emotional support to people with cancer and their loved ones in the world. All programs are facilitated by licensed mental health professionals and experts in the field of psycho-oncology. These programs are provided free of charge. A variety of programs include cancer issues, mind/body exercises (t'ai chi, yoga, MBSR) as well as educational, bereavement and social components. All programs are evidence based with on-going research conducted by the national office. Please visit the website or call the location nearest you for information about specific program dates or directions.

- **Weekly groups for those in active cancer treatment and their caregivers**
- **Monthly groups for those affected by specific types/sites of cancer**
- **Living with Loss:** a six session program for anyone who has had a loved one die of cancer in the past year.
- **The Next Step:** for those who have lost a loved one over a year ago

## **Ongoing Support Groups and Services**

### **General Grief Group**

MOT Senior Center

300 S. Scott Street, Middletown, DE

(302) 478-5707

Facilitated by professional counselors from Delaware Hospice, [www.delawarehospice.org](http://www.delawarehospice.org)

### **General Grief Group**

Cokesbury Village

726 Loveville Road, Hockessin, DE

(302) 478-5707

Facilitated by professional counselors from Delaware Hospice, [www.delawarehospice.org](http://www.delawarehospice.org)

# Grief Support Groups & Resources – New Castle County

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## **Life after Loss**

Lutheran Church of the Good Shepard,  
1530 Foulk Road, Brandywine Hundred, DE  
(302) 478-3030

Hours of Operation: group currently meets Mondays at 7:00 pm but please confirm by calling.

## **Newly Bereaved: You Are Not Alone**

Catholic Charities,  
2601 W. 4<sup>th</sup> Street, Wilmington, DE  
(302) 655-9624

Hours of Operation: group currently meets Wednesdays, 1:00 to 2:30 pm but please confirm by calling.

## **Pathways Through Grief**

Spicer-Mullikin Funeral Homes  
(302) 368-5738

Hours of Operation: 10:00 am-4:00 pm, M-F

Free telephone referral service for Northern Delaware for those seeking grief resources.

## **Grief Support Group**

Seasons Hospice,  
Suite C (3<sup>rd</sup> floor), 133 Bridge Street, Elkton, MD,  
1 (410) 392-4742 or 1 (800) 898-4862

Hours of Operation: group currently meets on the 1<sup>st</sup> Tuesday of the month, 6:30 to 8:30 pm  
Call to pre-register and to confirm time and place.

## **Special Circumstances**

### **Suicide, Murder, Violence**

#### **Mental Health Association in Delaware**

100 W. 10<sup>th</sup> Street, Suite 600, Wilmington, DE 19801,  
(302) 654-6833 Call for information on location and time of monthly meetings  
[www.mhainde.org](http://www.mhainde.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

MHA's mission is to promote mental well-being for all individuals and families in Delaware through education, support and advocacy. Advocates for improved access to mental health care for all

# Grief Support Groups & Resources – New Castle County

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Delawareans. Provides community education and outreach (depression screenings, educational presentations, free booklets, community and professional workshops and conferences.

- **Support Groups** to help individual feel less isolated as they manage their personal mental health challenges.
- **Survivors of Suicide** Peer-led group for individuals who have lost a loved one or friend to suicide.
- **Survivors of Accident and Murder (SAM)** Professionally-led groups for families and friends of people whose deaths were sudden and/or violent. Group meets in Wilmington.
- **Suicide Prevention Programs** Programs for youth and adults (free or low cost) educational /training programs for community members, professionals and non-professionals in DE.

## **National Alliance on Mental Illness in Delaware (NAMI Delaware)**

2400 W. 4<sup>th</sup> Street, Wilmington, DE 19805

[www.namidelaware.org](http://www.namidelaware.org)

(302) 427-0787 – Main Office

(888) 427-2643 – Help-Line- Operational during normal business hours.

Area Served: Statewide

Hours of Operation: 8:30- 4:00, M-F, Evening programs as scheduled

NAMI Delaware offers a variety of educational and support programs to families and individuals with mental illness. This includes a 12-week Family to Family course to help family members and loved ones understand and support their loved one who is living with a mental illness while maintaining their own well-being. A 10-week Peer to Peer educational course is centered on the topic of recovery for those living with a mental illness. There are family- and individual-focused support groups available. Programs are scheduled throughout the year. Contact NAMI Delaware for current opportunities.

## **Victims' Voices Heard, Inc.**

PO Box 576, Camden, DE 19934

(302) 697-7005

Contact: Kim Book

[www.victimsvoicesheard.org](http://www.victimsvoicesheard.org)

Area Served: Statewide

Hours of Operation: 9:00 – 5:00, M-F

Non-profit organization that offers assistance to victims of crime. Offers a severe violence dialogue program giving victims of violent crime the opportunity to meet with their incarcerated offender in order to ask questions and receive answers about the crime. This process can help some victims move forward in the healing process. Victim offenders cannot request to meet with their victims.

# Grief Support Groups & Resources – New Castle County

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## **Death of a Parent**

### **When Parents Die**

Aldersgate United Methodist Church, 2313 Concord Pike, Wilmington  
(302) 478-5707; ext 1126 or 1153, Registration required

## **Parents upon Death of a Child (or Adult Child)**

### **A.I. DuPont Hospital (Nemours) for Children**

A.I. DuPont Hospital, 1600 Rockland Rd, Wilmington DE, 19803

- **Monthly support group for parents who lost a child to cancer or other related illness**  
Call (302) 651-4553 for more information.
- **Monthly support group for parents whose child died from another cause**  
Call (302) 651-4230 for more information.

### **Compassionate Friends**

Brandywine Valley Baptist Church, 7 Mount Lebanon Road, Wilmington, DE  
(302) 376-0300  
[www.brandywinetcf.org](http://www.brandywinetcf.org)

An informal peer support group for parents or grandparents who have experienced the death of a child of any age. Offers support, friendship, and understanding. Professional speakers at some meetings. Other support services are listed on the web site, and the group offers telephone support calls. Excellent monthly newsletter is available whether or not you attend group meetings. Usually meets second and fourth week of the month on Tuesdays at 7:00pm but call to confirm.

### **Support Group at Christ the Teacher Catholic School**

Christ the Teacher Catholic School (St Margaret of Scotland Catholic Church)  
2431 Frazier Road, Newark, DE  
(302) 738-5126

Support group for parents who have lost a child at any age.

## **Miscarriage, Stillbirth, Infant Death, Infertility**

### **Loving Arms Parent Support Group**

Christiana Care Health System (CCHS)  
(302) 733-4367, CCHS bereavement line

Area Served: New Castle County and surrounding area

The Loving Arms Parent Support Group provides support to parents and families who have suffered a pregnancy loss through an ectopic pregnancy, miscarriage, stillbirth, or neonatal death. The group is

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facilitated by trained bereavement staff that provides a confidential and safe place for members to ask questions, share thoughts, or just listen. The Loving Arms Support Group also holds a program in October to remember the babies lost during the year. A beautiful memorial wall and garden have been erected by CCHS. The wall has a bronze tree with individual bronze leaves which can be inscribed with your child's name and date of loss.

## **Seniors**

### **Widowed Seniors Alone**

Newark Senior Center, 121 W. Park Place, Newark, DE 19711  
Sponsored by Spicer-Mullikin Funeral Homes, Inc. , (302) 368-5738  
[www.spicermullikin.com](http://www.spicermullikin.com)

Professionally-led daytime bi-weekly grief support meetings in spring and fall for seniors who have experienced the death of a spouse/partner. Call for meeting dates.

## **Faith-Based Grief Support Groups**

### **GriefShare** .

[www.GriefShare.org](http://www.GriefShare.org)  
[www.GriefShare.org/findagroup](http://www.GriefShare.org/findagroup) to find the most current local church locations and starting dates.

GriefShare is a grief recovery support program where you can find help and healing for the hurt of losing a loved one. It is a 13-session program offered in many local churches. Using the Bible to help with grieving, each meeting includes a video seminar, group discussion, and use of a personal study workbook. Approximately 9 churches in New Castle County have provided GriefShare programs. Check the [www.degac.org](http://www.degac.org) website for the calendar of upcoming programs.

## **Women in Transition**

### **Women with Wings**

5195 W. Woodmill Drive, Suite 27, Wilmington, DE 19808  
(302) 635-0790  
[www.womenwithwingsde.org](http://www.womenwithwingsde.org)

Area Served: Primarily New Castle County and surrounding cities  
Hours of Operation: Varies

An affiliation of concerned professionals volunteer their time and offer practical guidance to women in transition due to a loss resulting from a separation, divorce, or the death of a loved one. Volunteers include women with experience from fields in finance, taxes, law, therapy/grief counseling, and real estate. Women with Wings provides a helpline to answer questions and provide referrals, as well as monthly workshops/presentations designed to assist and educate women as they process their loss, heal, and move forward. Check the [www.degac.org](http://www.degac.org) website for the calendar of upcoming programs.



# Grief Support Groups & Resources – Kent County

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## **GRIEF SUPPORT GROUPS AND RESOURCES FOR CHILDREN**

### **Compassionate Courage - Grief & Bereavement Support Group for Kids K-12**

11 Independence Way, Newark, DE 19713, 1 (866) 999-8744 or (302)-368-8944

[www.cchfoundation.net](http://www.cchfoundation.net)

Area Served: Statewide

Supported by Compassionate Care Hospice Foundation, COMPASSIONATE COURAGE offers the opportunity for kids to express their feelings of grief and loss from illness, murder, suicide, divorce, or military deployment of a loved one. Groups meet for 6 weeks and are offered free of charge, typically in the school setting.

### **Healing Pathways and Pathways Through Life - Supporting Kidds**

1213 Old Lancaster Pike, Hockessin, DE 19707, (302) 235-5544, (302) 235-2672 (fax)

[support@supportingkidds.org](mailto:support@supportingkidds.org)

[www.supportingkidds.org](http://www.supportingkidds.org)

Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment.

Supporting Kidds offers a full-range of support and treatment services for children and families experiencing issues related to loss and death, including anticipatory grief. They provide structured support group programs for children ages 5-18 and their caregivers called Healing Pathways. Families must call Supporting Kidds to apply and register for the support group program. The six-week support group is currently held during the Spring and Fall, on one evening a week from 6:30- 8:00 pm. The new Pathways through Grief program is an educational series for children and families that covers a range of topics beyond bereavement. There are also one night topic-driven support programs, such as a Mother's/Father's Day program, Back to School Night, and Coping with the Holidays. Supporting Kidds offers information, referrals, consultation, assessment, and individual, group and family therapy, as well as professional consultations and workshops, and community education. Supporting Kidds has a full lending library that is open to the public, free of charge. In addition, they publish Family, School, and Serious Illness Survival Kits, informational books regarding loss and death and the impact they have on children. Counseling and resources are available in Spanish.

### **New Hope Program – Delaware Hospice**

**Kent County:** 911 S DuPont Highway, Dover, DE 19901, (302) 678-4444

Statewide: 1(800) 838-9800

[www.delawarehospice.org](http://www.delawarehospice.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

A nationally recognized program of support, counseling and education for children ages 6–17, and their families, who have experienced the loss of a loved one. It is designed to help children sort through the maze of emotions they experience before and after a loved one dies. The program also offers education and consultation for community groups, schools, and other agencies. All New Hope Program services are provided free of charge.

# Grief Support Groups & Resources – Kent County

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## **SUMMER PROGRAMS FOR CHILDREN**

### **Camp Barnes- Delaware State Police Summer Camp**

(302) 856-5850, ext. 212

Camp Barnes is a one-week recreational camp for children ages 10 to 13. The Camp offers three different weeks for boys and three different weeks for girls. Camp includes sports activities, swimming, arts & crafts, an outdoor-based activity course that instills confidence, leadership skills, teamwork and self-discipline.

### **Camp New Hope-Delaware Hospice**

1 (800) 838-9800

[www.delawarehospice.org](http://www.delawarehospice.org)

A free 4-day camp, held in each county, with transportation provided, in June/July/August for youth ages of 6 to 17, who have lost a family member from any cause. The program is open to all, not just families receiving hospice care.

## **GRIEF SUPPORT GROUPS AND RESOURCES FOR ADULTS**

### **Delaware Hospice Grief Support Programs**

Kent County Office: Delaware Hospice Office, 911 South DuPont Highway, Dover, DE,  
Statewide: 1 (800) 838-9800 Bereavement Office

[www.delawarehospice.org](http://www.delawarehospice.org)

Call the Bereavement Office or go to the website above to view the program calendar.

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

Free, year-round grief support groups to help adults learn about the grief process, receive support in a caring environment from those who are going through a similar experience, and ultimately feel less alone and misunderstood in your grief. Groups are facilitated by professional counselors.

Some of the possible 6-week groups may include:

- **Healing after the Loss of a Loved One** for adults experiencing the death of a loved one,
- **Widow, Widower, Life Partner Grief Support Group**: for those who have lost a spouse or partner,

Other possible offerings may include short workshops and monthly get-togethers at a restaurant to share a meal, discussion and/or a talk.

# Grief Support Groups & Resources – Kent County

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## **The Cancer Support Community (formerly The Wellness Community)**

Kent County: 812 South Bradford Street, Dover, DE 19904

(302)734-0898, (30) 734-4310 (fax)

[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

Area Served: Statewide

Hours of Operation: M-F, some evening and weekend hours

The Cancer Support Community Delaware is the local affiliate of the largest provider of emotional support to people with cancer and their loved ones in the world. All programs are facilitated by licensed mental health professionals and experts in the field of psycho-oncology. These programs are provided free of charge. A variety of programs include cancer issues, mind/body exercises (t'ai chi, yoga, MBSR) as well as educational, bereavement and social components. All programs are evidence based with on-going research conducted by the national office. Please visit the website or call the location nearest you for information about specific program dates or directions.

- **Weekly groups for those in active cancer treatment and their caregivers**
- **Monthly groups for those affected by specific types/sites of cancer**
- **Living with Loss**: a six session program for anyone who has had a loved one die of cancer in the past year.
- **The Next Step**: for those who have lost a loved one over a year ago

## **Special Circumstances**

### **Suicide, Murder, Violence**

#### **Mental Health Association in Delaware**

100 W. 10<sup>th</sup> Street, Suite 600, Wilmington, DE 19801

1 (800) 287-6423

[www.mhainde.org](http://www.mhainde.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

MHA's mission is to promote mental well-being for all individuals and families in Delaware through education, support and advocacy. Advocates for improved access to mental health care for all Delawareans. Provides community education and outreach (depression screenings, educational presentations, free booklets, community and professional workshops and conferences.

# Grief Support Groups & Resources – Kent County

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- **Support Groups** to help individual feel less isolated as they manage their personal mental health challenges.
- **Survivors of Suicide** Peer-led group for individuals who have lost a loved one or friend to suicide.
- **Survivors of Accident and Murder (SAM)** Professionally-led groups for families and friends of people whose deaths were sudden and/or violent. Group meets in Wilmington.
- **Suicide Prevention Programs** Programs for youth and adults (free or low cost) educational /training programs for community members, professionals and non-professionals in DE.

## **National Alliance on Mental Illness in Delaware (NAMI Delaware)**

2400 W. 4<sup>th</sup> Street, Wilmington, DE 19805

[www.namidelaware.org](http://www.namidelaware.org)

(302) 427-0787 – Main Office

(888) 427-2643 – Help-Line- Operational during normal business hours.

Area Served: Statewide

Hours of Operation: 8:30- 4:00, M-F, Evening programs as scheduled

NAMI Delaware offers a variety of educational and support programs to families and individuals with mental illness. This includes a 12-week Family to Family course to help family members and loved ones understand and support their loved one who is living with a mental illness while maintaining their own well-being. A 10-week Peer to Peer educational course is centered on the topic of recovery for those living with a mental illness. There are family- and individual-focused support groups available. Programs are scheduled throughout the year. Contact NAMI Delaware for current opportunities.

## **Victims' Voices Heard, Inc.**

PO Box 576, Camden, DE 19934

(302) 697-7005

Contact: Contact: Kim Book

[www.victimsvoicesheard.org](http://www.victimsvoicesheard.org)

Area Served: Statewide

Hours of Operation: 9:00 – 5:00, M-F

Non-profit organization offering assistance to victims of crime. Offer a severe violence dialogue program giving victims of violent crime the opportunity to meet with their incarcerated offender in order to ask questions and receive answers about the crime. This process can help some victims move forward in the healing process. Victim offenders cannot request to meet with their victims.

# Grief Support Groups & Resources – Kent County

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## **Parents upon Death of a Child**

### **The Compassionate Friends, Inc.- Bay Breeze Chapter**

Church of Christ, 1156 S. Governors Ave., Dover, DE 19904, Contact Liz at (302) 284-7590

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Organization for families (parents, grandparents, and older siblings) who have experienced the death of a child at any age.

## **Faith-Based**

### **GriefShare**

[www.GriefShare.org](http://www.GriefShare.org)

[www.GriefShare.org/findagroup](http://www.GriefShare.org/findagroup) to find the most current local church locations and starting dates.

GriefShare is a grief recovery support program where you can find help and healing for the hurt of losing a loved one. It is a 13-session program offered in many local churches. Using the Bible to help with grieving, each meeting includes a video seminar, group discussion, and use of a personal study workbook. Approximately 4 churches in Kent County have provided GriefShare programs. Check the [www.degac.org](http://www.degac.org) website for the calendar of upcoming programs.

### **Kent General Hospital, Dept. of Pastoral Care**

Bayhealth, Consumer Health Education Department

1 (877) 453-7107, (302) 744-7187 Call to inquire about services available. Grief support is provided for adults experiencing loss.

# Grief Support Groups & Resources – Sussex County

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## **GRIEF SUPPORT GROUPS & RESOURCES FOR CHILDREN**

### **Compassionate Courage- Grief & Bereavement Support Group for Kids K-12**

11 Independence Way, Newark, DE 19713, 1 (866) 999-8744 or (302)-368-8944

[www.cchfoundation.net](http://www.cchfoundation.net)

Area Served: Statewide

Supported by Compassionate Care Hospice Foundation, COMPASSIONATE COURAGE offers the opportunity for kids to express their feelings of grief & loss from illness, murder, suicide, divorce, or military deployment of a loved one. Groups meet for 6 weeks and are offered free of charge, typically in the school setting.

### **Healing Pathways and Pathways Through Life - Supporting Kidds**

1213 Old Lancaster Pike, Hockessin, DE 19707, (302) 235-5544, (302) 235-2672 (fax)

[support@supportingkidds.org](mailto:support@supportingkidds.org)

[www.supportingkidds.org](http://www.supportingkidds.org)

Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment.

Supporting Kidds offers a full-range of support and treatment services for children and families experiencing issues related to loss and death, including anticipatory grief. They provide structured support group programs for children ages 5-18 and their caregivers called Healing Pathways. Families must call Supporting Kidds to apply and register for the support group program. The six-week support group is currently held during the Spring and Fall, on one evening a week from 6:30- 8:00 pm. The new Pathways through Grief program is an educational series for children and families that covers a range of topics beyond bereavement. There are also one night topic-driven support programs, such as a Mother's/Father's Day program, Back to School Night, and Coping with the Holidays. Supporting Kidds offers information, referrals, consultation, assessment, and individual, group and family therapy, as well as professional consultations and workshops, and community education. Supporting Kidds has a full lending library that is open to the public, free of charge. In addition, they publish Family, School, and Serious Illness Survival Kits, informational books regarding loss and death and the impact they have on children. Counseling and resources are available in Spanish.

### **New Hope program – Delaware Hospice**

**Sussex County:** 100 Patriots Way, Milford, DE 19963, (302) 856-7717

Statewide: 1-800-838-9800, [www.delawarehospice.org](http://www.delawarehospice.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

A nationally recognized program of support, counseling and education for children ages 6–17, and their families, who have experienced the loss of a loved one. It is designed to help children sort through the maze of emotions they experience before and after a loved one dies. The program also offers education and consultation for community groups, schools, and other agencies. All New Hope Program services are provided free of charge.

# Grief Support Groups & Resources – Sussex County

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## **SUMMER PROGRAMS FOR CHILDREN**

### **Camp Barnes- Delaware State Police Summer Camp**

(302) 856-5850 ext. 212

Camp Barnes is a one week recreational camp for children ages 10 to 13. The Camp offers three different weeks for boys and three different weeks for girls. Camp includes sports activities, swimming, arts, crafts, and an outdoor activity course that builds confidence, leadership, teamwork and self-discipline.

### **Camp New Hope-Delaware Hospice**

1 (800) 838-9800

[www.delawarehospice.org](http://www.delawarehospice.org)

A free 4-day camp, with transportation provided, in June/July/August for youth ages of 6 to 17, who have lost a family member. The program is open to all, not just families receiving hospice care.

## **GRIEF SUPPORT GROUPS AND RESOURCES FOR ADULTS**

### **Delaware Hospice Grief Support Programs**

Delaware Hospice Offices in Milford – 100 Patriots Way, Milford, DE 19963;

In Millsboro – 315A Old Landing Road, Millsboro, DE 19966

Statewide: 1 (800) 838-9800 Bereavement Office or (302)856-7717, ext.4120 for Sussex programs.

[www.delawarehospice.org](http://www.delawarehospice.org) Please check here for schedule of support programs.

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

Free, year-round grief support groups to help adults learn about the grief process, receive support in a caring environment from those who are going through a similar experience, and ultimately feel less alone and misunderstood in your grief. Groups are facilitated by professional counselors. Some of the 6-week support group programs that may be offered include:

Free, year-round grief support groups to help adults learn about the grief process, receive support in a caring environment from those who are going through a similar experience, and ultimately feel less alone and misunderstood in your grief. Groups are facilitated by professional counselors.

Some of the possible 6-week groups may include:

- **Healing after the Loss of a Loved One** for adults experiencing the death of a loved one,
- **Widow, Widower, Life Partner Grief Support Group**: for those who have lost a spouse or partner.

Other possible offerings may include short workshops and monthly get-togethers at a restaurant to share a meal, discussion and/or a talk.

# Grief Support Groups & Resources – Sussex County

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## **The Cancer Support Community (formerly The Wellness Community)**

4810 Lancaster Pike, Wilmington, DE 19807,  
(302) 995-2850, (302) 995-0834 (fax)

[www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)

Area Served: Statewide

Hours of Operation: M-F, some evening and weekend hours

The Cancer Support Community Delaware is the local affiliate of the largest provider of emotional support to people with cancer and their loved ones in the world. All programs are facilitated by licensed mental health professionals and experts in the field of psycho-oncology. These programs are provided free of charge. A variety of programs include cancer issues, mind/body exercises (t'ai chi, yoga, MBSR) as well as educational, bereavement and social components. All programs are evidence based with on-going research conducted by the national office. Please visit the website or call the location nearest you for information about specific program dates and directions.

- **Weekly groups for those in active cancer treatment and their caregivers**
- **Monthly groups for those affected by specific types/sites of cancer**
- **Living with Loss**: a six session program for anyone who has had a loved one die of cancer in the past year.
- **The Next Step**: for those who have lost a loved one over a year ago

## **Special Circumstances**

### **Suicide, Murder, Violence**

#### **Mental Health Association in Delaware**

100 W. 10<sup>th</sup> Street, Suite 600, Wilmington, DE 19801  
1(800) 287-6423 Call for information on location and time of meetings.

[www.mhainde.org](http://www.mhainde.org)

Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

MHA's mission is to promote mental well-being for all individuals and families in Delaware through education, support and advocacy. Advocates for improved access to mental health care for all Delawareans. Provides community education and outreach (depression screenings, educational presentations, free booklets, community and professional workshops and conferences.



# Grief Support Groups & Resources – Sussex County

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- **Support Groups** to help individual feel less isolated as they manage their personal mental health challenges.
- **Survivors of Suicide** Peer-led group for individuals who have lost a loved one or friend to suicide.
- **Survivors of Accident and Murder (SAM)** Professionally-led groups for families and friends of people whose deaths were sudden and/or violent. Group meets in Wilmington.
- **Suicide Prevention Programs** Programs for youth and adults (free or low cost) educational /training programs for community members, professionals and non-professionals in DE.

## **National Alliance on Mental Illness in Delaware (NAMI Delaware)**

2400 W. 4<sup>th</sup> Street, Wilmington, DE 19805

[www.namidelaware.org](http://www.namidelaware.org)

(302) 427-0787 – Main Office

(888) 427-2643 – Help-Line- Operational during normal business hours.

Area Served: Statewide

Hours of Operation: 8:30- 4:00, M-F, Evening programs as scheduled

NAMI Delaware offers a variety of educational and support programs to families and individuals with mental illness. This includes a 12-week Family to Family course to help family members and loved ones understand and support their loved one who is living with a mental illness while maintaining their own well-being. A 10-week Peer to Peer educational course is centered on the topic of recovery for those living with a mental illness. There are family- and individual-focused support groups available. Programs are scheduled throughout the year. Contact NAMI Delaware for current opportunities.

## **Victims' Voices Heard, Inc.**

PO Box 576, Camden, DE 19934

(302) 697-7005

[www.victimsvoicesheard.org](http://www.victimsvoicesheard.org)

Area Served: Statewide

Hours of Operation: 9:00 – 5:00, M-F

Non-profit organization offering assistance to victims of crime. Offer a severe violence dialogue program giving victims of violent crime the opportunity to meet with their incarcerated offender in order to ask questions and receive answers about the crime. This process can help some victims move forward in the healing process. Victim offenders cannot request to meet with their victims.

# Grief Support Groups & Resources – Sussex County

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## **Death of a Child**

### **Bayside Helping Hands – Parents Grieving the death of a baby due to miscarriage, stillborn, or neonatal death**

OB/GYN Lobby at Bayside Health Association  
1535 Savannah Rd., Lewes, DE  
(302) 645-4700 for meeting dates and time

A parent support group for families who are grieving the loss of a baby during pregnancy, at birth or in the early weeks of life. Parents meet other parents experiencing similar difficulties, thoughts, and emotions. Opportunities to discuss experiences and coping methods are led by a trained facilitator. Parents and adult family members are invited to share feelings, ask questions or just listen. Call for more information

### **The Compassionate Friends – Lighthouse Chapter – Death of a Child**

Epsworth Methodist Church, Branford Room,  
19285 Holland Glade Road, Rehoboth Beach, DE  
[tcflighthouse@gmail.com](mailto:tcflighthouse@gmail.com) May contact Marge at (302) 930-3344 with questions.

Hours of Operation: group currently meets the 2<sup>nd</sup> Thursday of each month, 7:00 pm, but please confirm this information.

A peer support group for persons grieving the death of a child of any age. Meetings are open to bereaved parents, siblings, and grandparents. There is no religious affiliation and no membership fees or dues. The Compassionate Friends is an informal support group learning how to cope with the struggles of living life without our child. Meetings offer support, friendship, and understanding with professional speakers at some meetings. A monthly newsletter is available by post or email. Help Lines are also available for times of need.

### **Grieving the Loss of a Child, Six-Week Support Group**

Delaware Hospice Offices in Milford and Millsboro  
100 Patriots Way, Milford, DE 19963; 315A Old Landing Road, Millsboro, DE 19966  
Statewide : (302) 856-7717 ext.4120  
[www.delawarehospice.org](http://www.delawarehospice.org)

For parents and grandparents who have experienced the death of a child of any age. Please check the calendar at the website listed above for possible offerings.

## **Faith-Based Grief Support**

### **GriefShare**

[www.GriefShare.org](http://www.GriefShare.org)  
[www.GriefShare.org/findagroup](http://www.GriefShare.org/findagroup) to find the most current local church locations and starting dates.

GriefShare is a grief recovery support program where you can find help and healing for the hurt of losing a loved one. It is a 13-session program offered in many local churches. Using the Bible to help with grieving, each meeting includes a video seminar, group discussion, and use of a personal study

## Grief Support Groups & Resources – Sussex County

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workbook. Approximately 4 churches in Sussex County have provided GriefShare programs. Check the [www.degac.org](http://www.degac.org) website for the calendar of upcoming programs.

### **St. Edmund's Catholic Church Grief Support Group**

Corner of King Charles Avenue and Laurel St, Rehoboth Beach, DE  
Room #1 Religion Education Building (next to church) for meetings

St. Edmund's Catholic Church offers monthly grief support group meetings for anyone who has suffered any type of loss. Meetings are open to the public and everyone is invited to come, "care and share with confidentiality". Meetings are the first Friday morning of the month at 10:00am.

Call Mona at (302) 644-2840 for more information

# Service Agency Profiles

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## **Catholic Charities**

(302) 655-9624 New Castle County

(302) 674-1600 Kent County

(302) 856-9578 Sussex County

Area Served: All Counties

Hours of Operation: 8:30 – 5:00, M-F

A part of the Catholic Diocese of Wilmington, Catholic Charities is a community service organization offering a variety of programs to care for children, strengthen families, assist with disadvantaged and build human relationships. Programs offered include: Adoption/Foster Care, Childcare Food Program, Counseling Services, Crisis Alleviation, Energy Assistance, and Immigration Services.

## **Christiana Care Community Health Libraries 3 Locations (listed below)**

Area Served: Statewide

Hours of Operation: 8:30-5:00 M-F

<http://www.christianacare.org/Libraries>

Gail P.Gill Community Health Library, John H. Ammon Medical Education Center, 4755 Ogletown-Stanton Rd., Suite1E58, Newark, DE 19718 (302)733-1122

The Health Library at Wilmington, Wilmington Hospital, 501 W. 14<sup>th</sup> St., Room 1N69, Wilmington, DE 19801 (302)428-2201

Junior Board Cancer Resource Library, Helen F. Graham Cancer Center, 4701 Ogletown-Stanton Rd., Room 1106, Newark, DE 19713 (302)623-4580

The libraries, especially the Junior Board Cancer Resource Library, offer books and resources that address grief and bereavement, dying and death, talking to children, families and friends about serious illnesses and end-of-life issues, and children's books on understanding death and illness.

The community health libraries are open to the public and offer:

- Free library card with picture identification
- Computers to help you locate health information and stay in touch with family and friends while at the hospital or cancer center
- Consumer health books on many health and disease topics
- Health newsletters, books, CDs, DVDs
- Multimedia collections of music, relaxation, exercise and more
- Pathfinders (lists of resources by topics)
- Professional librarians and library assistants to help you find the information you need.

**See Informational resources – books -- in next section of this directory for the books available for lending from the Christiana Care Community Health Libraries. Titles are marked with a superscript “c”.**

## **Delaware Hospice**

Sussex County  
100 Patriots Way,  
Milford, DE, 19963  
(302) 856-7717

New Castle County  
16 Polly Drummond Center, 2<sup>nd</sup> fl.,  
Polly Drummond Shopping Ctr.  
Newark, DE 19711  
(302)478-5707

Kent County  
911 S DuPont Highway.  
Dover, DE 19901  
(302) 678-4444

# Service Agency Profiles

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Area Served: Statewide

Hours of Operation: 8:30 – 4:30, M-F

Delaware Hospice provides free, year-round grief Support Groups to help adults learn about the grief process, receive support in a caring environment from those who are going through a similar experience, and ultimately feel less alone and misunderstood in your grief. They also offer educational workshops for adults, one-on-one counseling with a grief counselor in the home or office setting, support for workplace grief, the New Hope program for children, and Camp New Hope a summer camp for children who have experienced loss. Additionally, their Family Support Center, located in Milford, DE (contact information above) offers a professional resource library; LifeWorks Counseling with licensed, Master's prepared therapists who provide Grief/Loss/Transitions Counseling for a small fee; a lecture series with professional speakers; weekend & one day retreats for caregivers and bereaved; topical workshops (Expressive Arts, Yoga, Soul Collage, Music, etc.), and professional all-day conferences offering CEU contact hours twice yearly (Spring/Fall).

## **Department of Correction**

Office of Victim Services, 245 McKee Road, Dover, DE 19904  
(302) 739-5601

Area Served: Statewide

Hours of Operation: M-F

The goal of the department is to recognize that victimization is not a one time occurrence. Often victims find themselves feeling re-victimized during contact with the criminal justice system. The Department of Correction has augmented its services to provide greater assistance and attention to victim participants in the corrections process. Please contact the Victim Services Liaison to find out additional information about services offered.

## **Probation & Parole Victim Services**

New Castle County: 26 Parkway Circle, New Castle DE, 19720, (302) 323-6050

Kent County: 511 Maple Parkway, Dover DE, 19901, (302) 674-7193

Sussex County: 22883 DuPont Blvd., Georgetown DE, 19947, (302) 854-6994 ext 113

Area Served: Statewide

Hours of Operation: 8:00 – 4:00, M-F

Supports and assists victims of domestic violence and sexual assault of probationers and parolees on active supervision. Works as a liaison with the Probation/Parole Officers and other community agencies as appropriate. Educates victims of criminal justice system (bail, probation conditions, and court hearings/procedures). Provides court accompaniment, assistance with filings of PFA's and referrals as appropriate to local community agencies. Assist and trains probationers and parole officers in effectively dealing with victims. The work performed by the Victim Services Agents is funded under the Violence Against Women Act -S.T.O.P. Formula grants administered by the federal government.

## **Jewish Family Services of Delaware, Kimmel-Spiller Healing Center**

99 Passmore Road, Wilmington, DE, 19803

(302) 478-9411

# Service Agency Profiles

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Area Served: New Castle County

Fees: Vary per program; call for details

The Kimmel-Spiller Jewish Healing Center provides a welcoming, tranquil space for the community to gather and visit, or simply privately reflect. The Center also offers wellness, support, and self-awareness programs throughout the year, as well as numerous volunteer opportunities for adults, children and teens. Please call JFS for details about their programs, some of which are free of charge. All programs are open to the entire community.

## **La Esperanza**

319 N. Race Street, Georgetown, DE 19947, (302) 854-9263

Hotline Numbers: (302) 228-5906 from 8:00 – 5:00 and (302) 228-5904 after hours, weekends and holidays

Area Served: Georgetown, Delaware

Hours of Operation: 8:00 – 5:00, M-F, Crisis Intervention after hours, 24 hours a day

Services provided for Hispanic women who are victims of abuse. Assistance include hotline services, shelter, case management, counseling, court and legal assistance, medical assistance, translation and interpretation, housing assistance, support groups, referrals and other services within our reach.

## **Latin American Community Center (LACC)**

403 N. Van Buren Street, Wilmington, DE 19805

(302) 655-7338; Hotline: 888-LACC-571 (24 hours a day)

Area Served: New Castle County

Hours of Operation: 9:00 – 5:00, M-F; Evening programs as scheduled

Outreach and advocacy services for Hispanic seniors, bilingual domestic violence crisis intervention, anger management support groups for domestic violence perpetrators, family therapy sessions, employment retention, day care needs, English as a second language, adult basic education, food closet, life skills for youth, crisis alleviation, information and referrals and a host of other services.

# Service Agency Profiles

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## **National Alliance for the Mentally Ill in Delaware (NAMI Delaware)**

2400W. 4<sup>th</sup> Street, Wilmington, DE 19805 [www.namidelaware.org](http://www.namidelaware.org)

(302) 427-0787 Main office; **(888) 427-2643 Help Line** – Operational during normal business hours

Area Served: Statewide

Hours of Operation: 8:30-4:00, M-F, Evening programs, as scheduled. NAMI Delaware's mission is to support, educate, and advocate until there is a cure for severe and persistent mental illness. We are a statewide organization of families, mental health consumers, friends, and professionals dedicated to improving the quality of life for those affected by life-changing brain diseases such as schizophrenia, bipolar disorder, and major depression. The organization provides support and coping strategies to families and individuals dealing with mental illness. No cost educational opportunities are offered throughout the state with the purpose of improving the quality of life and eliminating the stigma associated with mental illness. A Help Line is available during agency business hours to offer emotional support, educational information on illnesses, resources, and referrals.

## **People's Place, Inc., Counseling Center**

165 Commerce Way, Dover, DE 19904; (302) 653-2341

1129 Airport Road, Milford, DE 19960; (302) 422-8033

28467 DuPont Boulevard, Unit 2, Millsboro, DE 19966, (302) 934-0300

350 Virginia Avenue, Seaford, DE 19973, (302) 422-8026

Area Served: Delaware and surrounding communities

Hours of Operation: Office 8:30–4:30, M-F

The Counseling Center (located in Dover, Milford, Millsboro, Seaford and Smyrna) provides evaluation, individual, family, marital therapy and medication management to clients of all ages. Therapists' specialties include working with clients suffering from depression, anxiety, eating disorders, post-traumatic stress disorder, substance abuse, gambling and school and behavior problems.

## **Phoenix Mental Health of Dover**

537 South Governors Avenue , Dover, DE 19904, (302) 736-6135

Hours of Operation: Monday-Friday, 8:00am-8:00pm; Saturday by appointment; 24hr on call for patients

Provides psychiatric and behavioral health care services to children, adults, and families with special needs which derive from behavioral, psychological, intellectual, and psychiatric impairments. Offers family and couples counseling, and adolescent and child counseling. Provides psychiatric evaluations and treatment services, psychological testing and evaluation.

## **Supporting Kidds**

1213 Old Lancaster Pike, Hockessin, DE 19707, (302) 235-5544, (302) 235-2672 (fax)

[support@supportingkidds.org](mailto:support@supportingkidds.org)

[www.supportingkidds.org](http://www.supportingkidds.org)

# Service Agency Profiles

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Area Served: Statewide and surrounding region

Hours of Operation: Office typically staffed 9:00-5:00, M-F, with evening hours by appointment

Supporting Kidds offers a full-range of support and treatment services for children and families experiencing issues related to loss and death, including anticipatory grief. They provide structured support group programs for children ages 5-18 and their caregivers. Families must call Supporting Kidds to apply and register for the support group program. The six-week support group is currently held during the Spring and Fall, on Wednesday evenings. In addition to the general grief support group, Supporting Kidds offers a four-week program geared towards helping children learn yoga, relaxation, and stress management techniques. There are also one night topic-driven support programs, such as a Mother's/Father's Day program, Back to School Night, and Coping with the Holidays. Supporting Kidds offers information, referrals, consultation, assessment, and individual, group and family therapy, as well as professional consultations and workshops, and community education. Supporting Kidds has a full lending library that is open to the public, free of charge. In addition, they publish Family, School, and Serious Illness Survival Kits, informational books regarding loss and death and the impact they have on children. All services and resources are available in Spanish.

## **Victims' Voices Heard, Inc.**

P O Box 576, Camden DE 19934, (302) 697-7005

[www.victimsvoicesheard.org](http://www.victimsvoicesheard.org)

Area Served: Statewide

Hours of Operation: 9:00-5:00

Non-profit offering assistance state-wide to victims of crime. A severe violence dialogue program giving victims of violent crime the opportunity to meet with their incarcerated offender in order to ask questions and receive answers about the crime. This process can help some victims move forward in the healing process. Victim offenders cannot request to meet with their victims.

[victimsvoicesheard.org](http://victimsvoicesheard.org)

## **Victims Compensation Assistance Program of the State of Delaware**

900 N. King St., Wilmington, DE (302) 255-1770

Area Served: Statewide

Hours of Operation: 8:00 – 4:30, M-F

The Delaware Victims' Compensation Assistance Program provides compensation to innocent victims of violent crime who sustain physical and or emotional injury. The agency was founded to provide financial assistance as a means of meeting the additional hardships imposed upon the innocent victims of certain crimes and the families and dependents of those victims. Applications for compensation must be made within one year from the date of the crime and the crime must be reported to law enforcement agencies within seventy-two hours of crime occurrence.



# Books For Children

Age	Focus	Title
2+	General	<i>The Goodbye boat<sup>c</sup></i> (Joslin & St. Louis Little, 1998)
2-6	Father death	<i>I heard your daddy died<sup>c</sup></i> (Scrivani & Aitken, 1996)
2-6	Mother death	<i>I heard your mommy died<sup>c</sup></i> (Scrivani & Aitken, 1994)
3-6	General	<i>Children also grieve : talking about death and healing<sup>c</sup></i> (Goldman, 2006)
3+	General	<i>When goodbye is forever<sup>c</sup></i> (Moxley & Rock, 2003)
3 - 7	pet	<i>I'll Always Love You</i> (Wilhelm, 1985)
3 - 8	general	<i>I Miss You: A First Look at Death</i> (Thomas, 2001)
3 - 8	general	<i>When Someone Dies<sup>c</sup></i> (Greenlee, 1992)
3 - 8	sibling	<i>Stacy Had a Little Sister</i> (Old, 1995)
3 - 9	anger	<i>When I Feel Angry</i> (Spelman, 2000)
3 - 9	fear	<i>When I Feel Scared</i> (Spelman, 2002)
3 - 9	general	<i>Today I Feel Silly &amp; Other Moods</i> (Curtis, 1998)
3 - 9	general	<i>The Way I Feel</i> (Cain, 2000)
3 - 9	sadness	<i>Glad Monster Sad Monster</i> (Emberley & Miranda, 1997)
3 - 9	sadness	<i>When I Feel Sad</i> (Spelman, 2002)
3 - 9	sadness	<i>Let's Talk About Feeling Sad</i> (Berry, 1996)
3 - 18	afterlife	<i>The Next Place</i> (Hanson, 1997)
4+	Art Therapy, Spanish language	<i>Cuando alguien muy especial muere : los ninos pueden aprender a enfrenar la adversidad<sup>c</sup></i> (Heegaard & Rojas, 2003)

# Books For Children

Age	Focus	Title
4+	Child death	<i>Gentle willow : A story for children about dying<sup>c</sup></i> (Mills, 1994)
4+	Funeral Services	<i>A Candle for grandpa : a guide to the Jewish funeral for children and parents<sup>c</sup></i> (Techner, Iskowitz, & Hirt-Manheimer, 1993)
4-8	Father death	<i>Sam's dad died : a child's book of hope through grief<sup>c</sup></i> (Holmes, Aitken, & Mudlaff, 1999)
4-8	Funeral	<i>Tell me, papa : a gentle explanation for children about death and the funeral<sup>c</sup></i> (Johnson, Johnson, & Aitken, 1999)
4-8	General	<i>Ragtail remembers : a story that helps children understand feelings of grief<sup>c</sup></i> (Barnes & Duckworth, 2002)
4-8	Mother death	<i>Molly's mom died : a child's book of hope through grief<sup>c</sup></i> (Holmes, Aitken, & Mudlaff, 1999)
4-8	Pet	<i>Goodbye, Mousie<sup>c</sup></i> (Harris & Ormerod, 2001)
4 - 8	Grandpa	<i>Where is Grandpa?</i> (Barron, 2000)
4 - 9	General	<i>Lifetimes: The Beautiful Way to Explain Death<sup>c</sup></i> (Mellonie, 1983)
4-12	Father death Sudden death African American	<i>Sunflowers &amp; rainbows for Tia : saying goodbye to Daddy<sup>c</sup></i> (Love & Alexander Greene, 1999)
5+	Parent death	<i>Samantha Jane's missing smile : a story about coping with the loss of a parent<sup>c</sup></i> (Kaplow, Pincus, & Spiegel, 2007)
5-8	Father death African American	<i>Everett Anderson's goodbye<sup>c</sup></i> (Clifton & Grifalconi, 1983)
5-9	General	<i>Saying goodbye<sup>c</sup></i> (Boulden, 1998)
5 - 9	general	<i>When Dinosaurs Die<sup>c</sup></i> (Brown & Brown, 1996)
5-10	Father death	<i>What on earth do you do when someone dies?<sup>c</sup></i> (Romain & Verdick, 1999)
5-12	Sibling death, English & Spanish translations	<i>Since My Brother Died: Desde que Murio Mi Hermano<sup>c</sup></i> (Dietrich & Munoz-Kiehne, 2000)

# Books For Children

Age	Focus	Title
5 - 15	General	<i>What on Earth Do You Do When Someone Dies?</i> <sup>c</sup> (Romain, 1999)
5+	General	<i>After the funeral</i> <sup>c</sup> (Jane Loretta Winsch, 1995) Picture book depicts grieving children of various ethnic backgrounds
6+	General	<i>The Healing Book : facing the death and celebrating the life of someone you love</i> <sup>c</sup> (Sabin, 2006)
6+	General	<i>Sad isn't bad : a good-grief guidebook for kids dealing with loss</i> <sup>c</sup> (Mundy, 1998)
6+	General	<i>What is death?</i> <sup>c</sup> (Boritzer & Forrest, 2000)
6-9	Grandparent death	<i>When your grandparent dies : a child's guide to good grief</i> <sup>c</sup> (Ryan & Alley, 2002)
6 - 9	Uncle-father-grandmother	<i>The Saddest Time</i> (Simon, 1986)
6 - 12	Afterlife	<i>Where do People go When they Die?</i> (Portnoy, 2004)
7 - 10	Father death	<i>Saying Goodbye to Daddy</i> <sup>c</sup> (Vigna, 1991)
8+	General	<i>Tear soup : a recipe for healing after loss</i> <sup>c</sup> (Schwiebert, Bills, & DeKlyen, 2001)
8-12	Memory book	<i>Remember...a child remembers : a write-in memory book for grieving children</i> <sup>c</sup> (Samuel-Traisman, 2003)
9+	Grandfather death	<i>How can I help, Papa? : a child's journey through loss &amp; healing</i> <sup>c</sup> (Al-Chokhachy & Graf, 2002)
9+	Mother death	<i>And still they bloom : a family's journey of loss and healing</i> <sup>c</sup> (Rovere & Spector, 2012)
9+	Sibling death	<i>A birthday present for Daniel - a child's story of loss</i> <sup>c</sup> (Gish & Rothman, 1996)
9+	Traumatic event	<i>When something terrible happens : children can learn to cope with grief</i> <sup>c</sup> (Heegaard, 1991)

# Books About Child Grief

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Ages	Focus	Title
8 - 12	General	<i>Healing Your Grieving Heart, for Kids: 100 Practical Ideas...</i> <sup>c</sup> (Wolfelt, 2001) (and similar titles by this author)
8 - teen	Parent	<i>How It Feels When a Parent Dies</i> <sup>c</sup> (Jill Krementz, 1988)
9 – teen	General	<i>The Feelings Book: The Care and Keeping of Your Emotions</i> (American Girl, 2002)
teen	Friend	<i>When a Friend Dies: A Book for Teens</i> <sup>c</sup> (Gootman, 1994)
teen	General	<i>Straight Talk about Death for Teenagers</i> (Grollman, 1993)
teen	General	<i>Help for the Hard Times: Getting Through Loss</i> (Hipp, 1995)
teen	General	<i>Teenagers Talk about Grief</i> (June Cerza Kolf, 1990)
11+	Friend death	<i>When a friend dies : a book for teens about grieving &amp; healing</i> <sup>c</sup> (Gootman, 1994)
12+	Parent death	<i>Everything you need to know when a parent dies</i> <sup>c</sup> (Bratman, 1998)
Teens	General	<i>The Grieving teen : a guide for teenagers and their friends</i> <sup>c</sup> (Fitzgerald, 2000)
Teens	General	<i>I will remember you : what to do when someone you love dies : a guidebook through grief for teens</i> <sup>c</sup> (Lister & Dower, 2001)
Teens	Sibling death	<i>Coping with the death of a brother or sister</i> <sup>c</sup> (Ruiz, 2001)
Teens	Suicide	<i>Coping with teen suicide</i> <sup>c</sup> (Murphy, 1999)
Children & Teens	Workbook	<i>Finding a way through when someone close has died : what it feels like and what you can do to help yourself</i> <sup>f</sup>

# Books About Child Grief

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		(Mood & Whittaker, 2001)
Ages	Focus	Title
Children & Teens	Workbook for adult to leave for child	<i>The little book of love<sup>c</sup></i> (Pauline King, 2000)
Child 4-8	Workbook of activities	<i>Overcoming loss: activities and stories to help transform children's grief and loss<sup>c</sup></i> (Julia Sorenson, 2008)

# Books for Adults

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Focus	Title
Cancer	<i>Healing children's grief : surviving a parent's death from cancer</i> <sup>c</sup> (Christ, 2000)
Funeral services	<i>What About the Kids? Understanding Their Needs in Funeral Planning and Services</i> <sup>c</sup> (The Dougy Center, 1999)
General	<i>Helping Children Cope with the Loss of a Loved One</i> <sup>c</sup> (Kroen, 1996)
General	<i>Caring for Your Grieving Child: Engaging Activities for Dealing with Loss and Transition</i> (Wakenshaw, 2002)
General	<i>Children grieve, too : helping children cope with grief</i> <sup>f</sup> (Johnson & Johnson, 1998)
General	<i>Children's encounters with death, bereavement, and coping</i> <sup>c</sup> (Corr & Balk, 2010)
General	<i>Grief in children : a handbook for adults</i> <sup>c</sup> (Dyregrov, 2008)
General	<i>Grief in young children : a handbook for adults</i> <sup>c</sup> (Dyregrov, 2008)
General	<i>Helping children grieve &amp; grow : a guide for those who care</i> <sup>c</sup> (O'Toole & Cory, 1998)
General	<i>Helping children live with death and loss</i> <sup>c</sup> (Fetro, Seibert, & Drolet, 2003)
General	<i>How do we tell the children? : a step-by-step guide for helping children two to teen cope when someone dies</i> <sup>c</sup> (Lyons & Schaefer, 2001)
General	<i>Life &amp; loss : a guide to help grieving children</i> <sup>c</sup> (Goldman, 2000)
General	<i>Living with grief : children, adolescents, and loss</i> <sup>c</sup> (Doka, 2000)

## Books for Adults

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Focus	Title
General	<i>Never too young to know : death in children's lives<sup>c</sup></i> (Silverman, 2000)
General	<i>A Parent's guide to raising grieving children : rebuilding your family after the death of a loved one<sup>c</sup></i> (Silverman & Kelly, 2009)
General	<i>35 Ways to Help a Grieving Child</i> (The Dougy Center, 1998)
General	<i>Helping Teens Cope with Death</i> (The Dougy Center, 1998)
Grandparent death	<i>Why do people die? : helping your child understand--with love and illustrations<sup>c</sup></i> (Clark & MacGregor, 1998)
Pet	<i>Pet loss and children : establishing a healthy foundation<sup>c</sup></i> (Barton Ross, 2005)
Afterlife	<i>The Next Place</i> (Hanson, 1997)
African American	<i>African American grief<sup>f</sup></i> (Wallace & Rosenblatt, 2005)
Condolence	<i>A Book of condolences : classic letters of bereavement<sup>c</sup></i> (Harding & Dyson, 1999)
Condolence	<i>Don't ask for the dead man's golf clubs : what to do and say (and what not to) when a friend loses a loved one<sup>c</sup></i> (Kelly, 2002)
Condolence	<i>If there's anything I can do-- : an easy guide to showing you care<sup>c</sup></i> (McClelland & Prescott, 2001)
Condolence	<i>When you don't know what to say : how to help your grieving friends<sup>c</sup></i> (Smith, 2002)
Father death	<i>On Grieving the Death of A Father</i> (Harold Ivan Smith, 1994)
Father death	<i>Father Loss: How Sons of All Ages Come to Terms with the Death of Their Dads</i> (Neil Chethik, 1998)

## Books for Adults

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Focus	Title
Father death	<i>Fathers aren't supposed to die : five brothers reunite to say good-bye<sup>c</sup></i> (Shine, 2000)
Father death	<i>Our dad died : the true story of three kids whose lives changed<sup>c</sup></i> (Dennison, Dennison, & Dennison, 2003)
Funeral services	<i>In Memoriam: A Guide to ... Funeral and Memorial</i> (Searl, 2000)
Funeral Services	<i>The Perfect stranger's guide to funerals and grieving practices : a guide to etiquette in other people's religious ceremonies<sup>c</sup></i> (Matlins, 2000)
Funeral Services	<i>Remembering well : rituals for celebrating life and mourning death<sup>c</sup></i> (York, 2000)
General	<i>Beyond Grief: A Guide for Recovering from the Death of a Loved One</i> (Carol Staudacher, 1987)
General	<i>The empty chair : handling grief on holidays and special occasions<sup>c</sup></i> (Zonnebelt-Smeenge & De Vries, 2001)
General	<i>The Five ways we grieve : finding your personal path to healing after the death of a loved one<sup>c</sup></i> (Berger, 2009)
General	<i>Healing through the dark emotions : the wisdom of grief, fear, and despair<sup>c</sup></i> (Greenspan, 2003)
General	<i>Healing your grieving heart : 100 practical ideas<sup>c</sup></i> (Wolfelt, 2011)
General	<i>Help for the Hard Times: Getting Through Loss</i> (Hipp, 1995)
General	<i>Liberating losses : when death brings relief<sup>c</sup></i> (Elison, 2003)
General	<i>On grief and grieving : finding the meaning of grief through the five stages of loss<sup>c</sup></i> (Kessler & Kubler-Ross, 2005)



## Books for Adults

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Focus	Title
General	<i>Saying goodbye to someone you love : your journey through end-of-life and grief<sup>f</sup></i> (Wasserman & Dresser, 2010)
General	<i>Traveling through grief : learning to live again after the death of a loved one<sup>c</sup></i> (Zonnebelt-Smeenge & De Vries, 2006)
General	<i>Understanding Grief: Helping Yourself Heal</i> (Wolfelt, 1992)
General	<i>What will help me? : 12 things to remember when you have suffered a loss<sup>c</sup></i> (Miller, 2001)
General	<i>Survival Kit for Families: Tools for Healthy Grieving</i> (Supporting Kids, Hockessin, DE, Updated Yearly)
General	<i>Grief's Courageous Journey: A Workbook</i> (Caplan & Lang, 1995)
General	<i>Healing After Loss: Daily Meditations for Working Through Grief</i> (Hickman, 1994)
General	<i>When Bad Things Happen to Good People</i> (Harold S Kushner, 2004)
Grandparents	<i>Grandma's Tears: Comfort for Grieving Grandparents</i> (June Cerza Kolf, 1995)
Male grief	<i>Men don't cry-- women do : transcending gender stereotypes of grief<sup>f</sup></i> (Martin & Doka, 2000)
Male grief	<i>When Men Grieve<sup>c</sup></i> (Levang, 1998)
Male grief	<i>A Man You Know is Grieving: 12 Ideas</i> (Miller & Golden, 1998)
Male grief	<i>Swallowed by a Snake: The Gift of the Masculine Side of Healing</i> (Thomas R. Golden, 2000)
Male grief	<i>When a man faces grief : 12 practical ideas to help you heal from loss<sup>c</sup></i> (Miller & Golden, 1998)

# Books for Adults

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Focus	Title
Male grief	<i>When men grieve : why men grieve differently and how you can help<sup>c</sup></i> (Levang, 1998)
Mother death	<i>Motherless Daughters: The Legacy of Loss</i> (Hope Edelman, 2006)
Mother Death	<i>Letters From Motherless Daughters: Words of Courage, Grief, and Healing</i> (Hope Edelman, 1996)

# Books for Adults

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Focus	Title
Mother death	<i>Grieving the Death of a Mother</i> (Harold Ivan Smith, 2003)
Parent death	<i>Death of a parent : transition to a new adult identity<sup>c</sup></i> (Umberson, 2003)
Parent death	<i>Finding your way after your parent dies : hope for grieving adults<sup>c</sup></i> (Gilbert, 1999)
Parent death	<i>Midlife Orphan: Facing Life's Changes Now That Your Parents Are Gone</i> (Jane Brooks, 1999)
Parent death	<i>Never the same : coming to terms with the death of a parent<sup>c</sup></i> (Schuurman, 2003)
Religions	<i>How different religions view death &amp; afterlife<sup>c</sup></i> (Johnson & McGee, 1998)
Sudden/violent death	<i>No Time for Goodbyes: Coping with Sorrow, Anger and Injustice after a Tragic Death</i> (Janice Harris Lord, 2006)
Suicide	<i>Survivors of Suicide</i> (Robinson, 1989)
Suicide	<i>My Son, My son: A Guide to Healing After Death, Loss, and Suicide</i> (Iris Bolton and Curtis Mitchell, 1991)
Suicide	<i>Stronger Than Death: When Suicide Touches Your Life</i> (Sue Chance, 1980)
Suicide	<i>Words I Never Thought to Speak: Stories in the Wake of Suicide</i> (Victoria Alexander, 1991)
Widow	<i>The Goldfish went on vacation : a memoir of loss (and learning to tell the truth about it)<sup>c</sup></i> (Dann, 2007)
Widow	<i>Widow to Widow<sup>c</sup></i> (Genevieve Davis Ginsburg, 2004)
Widow	<i>And Life Goes On: A Path Through Widowhood</i> (Gustavo Acosta, 2011)

# Books for Adults

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Focus	Title
Widow/Widower	<i>From we to me : embracing life again after the death or divorce of a spouse<sup>c</sup></i> (Zonnebelt-Smeenge & De Vries, 2010)
Widow/Widower	<i>Getting to the other side of grief : overcoming the loss of a spouse<sup>c</sup></i> (Zonnebelt-Smeenge & De Vries, 1998)
Widow/Widower	<i>The Grieving time: A Year's Account of Recovery From Loss</i> (Anne Brooks, 1989)
Widow/Widower	<i>Companion Through the Darkness: Inner Dialogues on Grief</i> (Stephanie Ericsson, 1993)
Widower	<i>Resilient widowers : older men adjusting to a new life<sup>c</sup></i> (Moore & Stratton, 2003)

# Books on Child Stillbirth, Miscarriage, Death & Infertility

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Focus	Title
Child death	<i>Shadow Child An Apprenticeship in Love and Loss</i> (Beth Powning, 2000)
Child death	<i>Roses in December</i> (Marilyn Willett Heavilin, 1987)
Child death	<i>An Early journey home : helping families work through the loss of a child<sup>c</sup></i> (Froehlich, 2000)
Child death	<i>The Grief club : the secret to getting through all kinds of change<sup>c</sup></i> (Beattie, 2006)
Child death	<i>A Grief Unveiled: One Father's Journey Through the Death of a Child</i> (Gregory Floyd, 1999)
General	<i>When A Grandchild Dies: What to Do, What to Say, How to Cope<sup>c</sup></i> (Nadine Galinsky, 1999)
For grandparents	<i>For Bereaved Grandparents</i> (Margaret H. Gerner, 1990)
For grandparents	<i>Grandparents Cry Twice: Help for Bereaved Grandparents.</i> (Mary Lou Reed, 2000 )
For grandparents	<i>Forgotten Tears: A Grandmother's Journey Through Grief</i> (Nina Bennett, 2005)
Infant	<i>When Pregnancy Fails</i> (Susan Borg and Judith Lasker, 1981)
infant	<i>Silent Birth: When Your Baby Dies</i> (Sharon N. Covington, 2003)
Infant	<i>Empty Cradle, Broken Heart: Surviving the Death of Your Baby</i> (Deborah L. Davis, 1991)
Infant	<i>Forever Silent Forever Changed: The Loss of a Baby in Miscarriage, Stillbirth, Early Infancy, a Mother's Experience</i> (Kellie Davis, 2001)
Infant	<i>Maternal-Infant Bonding</i> (Marshall Kennell and John Klaus, 1982)
Infant	<i>A Family Remembered</i> (Donnali Fifield, 2000)

# Books on Child Stillbirth, Miscarriage, Death & Infertility

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Infant	<i>Education and Counseling for Childbirth</i> (Sheila Kitzinger, 1977)
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Focus	Title
Infant	<i>When a Baby Dies: The Experience of Late Miscarriage, Stillbirth and Neonatal Death<sup>c</sup></i> (Nancy Kohner and Alix Henley, 2001)
Infant	<i>Help, Comfort &amp; Hope after Losing Your Baby in Pregnancy or the First Year</i> (Hannah Lothrop, 1997)
Infant	<i>A gift of time : continuing your pregnancy when your baby's life is expected to be brief<sup>f</sup></i> ( Amy Kuebelbeck and Deborah L. Davis, 2011)
Infant death Miscarriage Stillbirth	<i>Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth, and Infant Death</i> (Michael Berman, 2001)
Infertility	<i>Silent Sorority</i> (Pamela Tsigdinos, 2009)
Infertility	<i>Empty Womb, Aching Heart: Hope and Help for those Struggling with Infertility</i> (Marlo Schalesky, 2001)
Infertility	<i>Resolving Infertility</i> (Resolve, 2001)
Infertility	<i>On Fertile Ground: Healing Infertility</i> (Helen Adrienne, 2010)
Miscarriage	<i>A Silent Love: Personal Stories of Coming to Terms with Miscarriage</i> (Adrienne Ryan, 2000)
Stillbirth	<i>Life Touches Life: A Mother's Story of Stillbirth and Healing</i> (Lorraine Ash, 2004)
Stillbirth	<i>They Were Still Born: Personal Stories about Stillbirth</i> (Janel Atlas, 2010)
Sudden death	<i>Living with Grief After Sudden Loss</i> (Kenneth Doka, 1996)

# Books on Serious Illness

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Ages	Focus	Title
5 - 11	cancer	<i>The Rainbow Feelings of Cancer</i> (Martin & Martin, 2001)
6 - 10	cancer	<i>Our Mom Has Cancer</i> (Ackermann & Ackermann, 2001)
6 - 10	cancer	<i>Promises</i> (Lewin, 2000)
8 - 13	cancer	<i>The Year My Mother was Bald</i> (Speltz, 2003)
Adult	cancer	<i>Living with Childhood Cancer</i> (Woznick & Goodheart, 2002)
Adult	infant	<i>Can I Still Kiss You?: Answering Your Child's Questions About Cancer</i> (Russel, 2001)
Adult	cancer	<i>Cancer in the Family: Helping Children Cope with a Parent's Illness</i> (Heiney et al., 2001)
Adult	cancer	<i>When a Parent has Cancer: A Guide to Caring for Your Children</i> (Harpham, 1997)
Adult	general	<i>How to Help Children Through a Parent's Serious Illness: Supportive, Practical Advice from a Leading Child Life Specialist</i> (McCue, 1994)
Adult	general	<i>Survival Kit for Families Facing Serious Illness: A Guide for Patients and Caregivers</i> <a href="http://www.christianacare.org/documents/cancer/Survival%20Kit%20for%20Families.pdf">http://www.christianacare.org/documents/cancer/Survival%20Kit%20for%20Families.pdf</a> (Christiana Care and Supporting Kidds, Updated Yearly)

# Materials for Those Working with Children Who Are Grieving

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Ages	Focus	Title
6 - 12	General	<i>When Someone Very Special Dies: Children Can Learn to Cope with Grief</i> (Marge Heegaard, 1988)
6 - 12	Serious Illness	<i>When Someone Has a Very Serious Illness: Children Can Learn to Cope with Loss and Change<sup>c</sup></i> (Marge Heegaard, 1991)
6 - 12	For children exposed to violent or traumatic events	<i>When Something Terrible Happens: Children Can Learn to Cope with Grief<sup>f</sup></i> (Marge Heegaard, 1991)
6 - 12	Suicide	<i>After a Suicide: A Workbook for Grieving Kids</i> (The Dougy Center, 2001), <a href="http://www.dougy.org">www.dougy.org</a>
6 - 12	Murder	<i>After a Murder: A Workbook for Grieving Kids</i> (The Dougy Center, 2002), <a href="http://www.dougy.org">www.dougy.org</a>
6 - 12	Suicide	<i>Bart Speaks Out: Breaking the Silence on Suicide</i> (Linda E. Goldman Jonathan P. Goldman, 1998)
6 - 12	General	<i>A Child Remembers</i> (Enid Samuel Traisman, 1994)
Teens	Journaling	<i>Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing Loss</i> (Enid Samuel Traisman, 1992)
Adult	Journaling	<i>Journaling from the Heart: A Writing Workshop in Three Parts</i> (Eldonna Edwards Bouton, 2000)
Adult	Journaling	<i>Journal Wheel Guide Book</i> (Deborah Bouziden, 2001)
Teen	Journaling	<i>Through My Eyes: A Journal for Teens</i> (Linda Kranz, 1998)



# Materials for Those Working with Adults Who Are Grieving

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Ages	Focus	Title
Adult	Workbook	<i>Grief's Courageous Journey: A Workbook</i> (Caplan & Lang, 1995)
Adult	Child death, near death, stillbirth	Child Death, Near Death and Stillbirth Commission CONTACT: 302-255-1760 <a href="http://courts.delaware.gov/childdeath/">http://courts.delaware.gov/childdeath/</a> Conference for nurses, social workers, pastoral care providers working with families who have had fetal and early infant loss
Adult	Children, trauma	<i>Raising Our Children to be Resilient: A Guide to Helping Children Cope with Trauma in Today's World</i> (Linda Goldman, 2005)
Adult	Early parental loss	<i>Losing a Parent to Death in the Early Years: Guidelines for Treating Traumatic Bereavement in Infancy and Early Childhood</i> (Lieberman et al., 2003)
Adult	General	<i>Grief Counseling and Grief Therapy</i> , 4th Ed. <sup>c</sup> (Worden, 2009)
Adult	General	<i>Lessons of Loss: A Guide to Coping</i> (Neimeyer, 2000)
Adult	General	<i>Living with Grief Before and After the Death</i> (Doka (Editor), 2007)
Adult	General	<i>Growing Through Grief: A K-12 Curriculum to Help Young People Through All Kinds of Loss</i> (O'Toole, 1996)
Adult	General	<i>School Survival Kit: Helping Students Cope with Grief in the School Setting</i> (Supporting Kidds, Hockessin DE)
Adult	Journaling	<i>Journaling from the Heart: A Writing Workshop in Three Parts</i> (Eldonna Edwards Bouton, 2000)
Adult	Journaling	<i>Journal Wheel Guide Book</i> (Deborah Bouziden, 2001)

# Materials for Those Working with People with Intellectual Disabilities Who Are Grieving

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Ages	Focus	Title
Adult	General	<i>Ya Got People: Helping People with Developmental Disabilities Deal with Grief, Bereavement, and Loss</i> (Carolyn Bowling and Jeffrey Wilder, 2003)
Adult	Mourn	<i>Guidebook on Helping Persons with Mental Retardation Mourn</i> (Jeffrey Kauffman, 2005)
Adult	General	<i>Helping Adults with Mental Retardation Grieve A Death<sup>c</sup></i> (Charlene Luchterhand and Nancy Murphy, 1998)
Adult	Mourn	<i>Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers</i> (Marc Markell, 2005)
Adult	General	<i>Grief Among Individuals with Developmental Disabilities</i> (Alejandro Moralez)
Adult	General	<i>Grieving in the Context of Differently-Abled People: The Experience of L'Arche Daybreak</i> (Jane Powell, 2000)

**Note: Books and resources that are available from one of the Christiana Care Community Health Libraries are noted with a small letter <sup>c</sup> to the right of the title. Please call one of the libraries listed below for location and availability of the resource:**

- Gail P. Gill Community Health Library, 302-733-1122
- The Health Library at Wilmington, 302-428-2201
- Junior Board Cancer Resource Library, 302-623-4580

# Internet Resources

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## **GENERAL GRIEF**

### **ADEC Association for Death Education and Counseling**

An international interdisciplinary organization committed to furthering the understanding of grief and bereavement.

<http://www.adec.org>

### **Center for Loss & Life Transition**

Bookstore, newsletter, articles; Director is Dr. Alan Wolfelt, an internationally known grief educator, author and grief counselor

<http://www.centerforloss.com>

### **Centering Corporation**

Education & resources for the bereaved-many booklets on grief available, including *Grief Digest*, a quarterly magazine containing articles from many well-known grief experts

<http://www.centering.org>

### **Counseling for Loss and Life Changes**

<http://www.counselingforloss.com>

### **The Dougy Center**

One of the first grief centers in the country. They have trained many other centers, including, locally, Supporting Kidds.

<http://www.dougy.org>

### **Good Grief Resources**

<http://www.goodgrief.org/links.html>

### **Grief Healing**

Web site of Marty Tousley. Marty is a psychiatric nurse and certified bereavement counselor who has written several articles and booklets on loss and grief. Marty welcomes e-mail: [tousleym@aol.com](mailto:tousleym@aol.com)

<http://www.griefhealing.com>

### **Grief Watch**

Resources for bereaved families & professional caregivers

<http://www.griefwatch.com>

### **Hospice Web**

<http://www.hospicefoundation.org/griefandloss>

### **Journey of Hearts**

<http://www.journeyofhearts.org>

# Internet Resources

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## **Open To Hope**

A YouTube site devoted exclusively to grief and loss.

<http://www.youtube.com/user/opentohope>

## **Willowgreen**

Grief Tips by Jim Miller

[http://www.willowgreen.com/advice/a\\_grief.shtml](http://www.willowgreen.com/advice/a_grief.shtml)

## **CHILDREN'S GRIEF**

### **Delaware Department of Education**

[http://www.doe.k12.de.us/infosuites/staff/cmh/fam\\_psyched/page1.shtml](http://www.doe.k12.de.us/infosuites/staff/cmh/fam_psyched/page1.shtml)

- A Fact Sheet On Grieving Children in Foster Care
- The Effects of Grief and Loss On Children in Foster Care
- Helping Children Deal with Fear and Death (video)
- Helping Your Child Through a Death in the Family (video)

### **National Alliance for Grieving Children**

For grief information and locating a bereavement center in your area

<http://www.nationalallianceforgrievingchildren.org>

### **National Center for Child Traumatic Stress (NCTSN)**

Resources regarding children needing help with trauma, anxiety, post-traumatic stress disorder, and traumatic grief

<http://www.nctsn.org/>

### **Supporting Grieving Children and Families**

This site is provided by the Death Education Task Force of the Delaware End-of-Life Coalition. It contains reviews, CD-ROMS, web sites, support groups and more

<http://www.udel.edu/DSP/SGCF>

### **Supporting Kidds**

For grief information and local programming

<http://www.supportingkidds.org>

## **DEATH BY MURDER/VIOLENCE**

### **National Organization of Parents of Murdered Children**

<http://www.pomc.org>

# Internet Resources

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## **GRIEVING GRANDPARENTS**

### **AGAST Alliance of Grandparents,**

A Support in Tragedy, International Bereavement packet, many fact sheets and articles, newsletter, discussion and support forums

<http://www.agast.org>

## **FOR MILITARY FAMILIES**

### **TAPS: Tragedy Assistance Programs for Survivors**

<http://www.taps.org>

## **STILLBIRTH, MISCARRIAGE, INFANT DEATH, INFERTILITY**

### **American Pregnancy Association**

Stillbirth: Surviving Emotionally

<http://www.americanpregnancy.org>

## **Baby Loss**

This web site offers medical information as well as emotional support.

[www.babyloss.com](http://www.babyloss.com)

## **Bereaved Parents of the USA**

<http://www.bereavedparentsusa.org>

## **Crisis, Grief & Healing**

Information focused on differences in how men and women grieve. Articles and a discussion group.

<http://www.webhealing.com>

## **Compassionate Friends**

<http://www.compassionatefriends.org>

## **First Candle/SIDS Alliance**

Nonprofit health organization working to increase public participation and support in the fight against infant mortality; 24 hour bilingual crisis counselors available 1-800-221- 7437; booklet, Surviving the Death of a Baby

<http://www.sidsalliance.org>

## **Helping After Neonatal Death**

<http://www.handonline.org>

# Internet Resources

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## **Honored Babies**

Web site with several support groups, including one for Grandmothers  
<http://www.honoredbabies.org>

## **Hygeia Foundation**

<http://www.drberman.org/hygeiafoundation>

## **International Stillbirth Alliance**

A coalition working to promote stillbirth research, education and awareness  
<http://www.stillbirthalliance.org>

## **Miscarriage Support Auckland Inc.**

<http://miscarriagesupport.org.nz>

## **M.I.S.S. Foundation**

Emotional support, chat rooms, forums, phone line and email to facilitate communication  
[www.missfoundation.org](http://www.missfoundation.org)

## **National Share**

This web site is intended for women and teen parents. The site is appropriate for miscarriage, stillbirth, neonatal death and ectopic pregnancy.  
<http://www.nationalshare.org/>

## **Pregnancy Loss Info**

This web site is intended for women, their male partners, surviving siblings, grandparents and health professionals.  
<http://pregnancyloss.info/>

## **RESOLVE**

<http://www.resolve.org>

## **STIR-UP Queen**

<http://infertilityblog.blogspot.com>

# Internet Resources

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## **SUICIDE**

### **American Foundation for Suicide Prevention**

<http://www.afsp.org>

### **Survivors of Suicide**

<http://www.survivorsofsuicide.com/>

## **WIDOW'S GRIEF**

### **Widow Net**

<http://www.widownet.org>

### **Soaring Spirits**

<http://sslf.org>

## **DEATH OF A PET**

### **Association of Pet Loss and Bereavement**

<http://www.aplb.org>

### **Animal Chaplains**

<http://www.goodgriefpetloss.com/chaplaincy.html>

### **Death of a Pet**

Suggests memorials and memorial rituals to help with grief over loss of a companion animal

[www.petloss.com](http://www.petloss.com)