

## **Sussex County Grief Support Groups and Support Services**

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

#### **Healing Pathways Support Group- 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. Families must call Supporting Kidds to apply and register for the support group program. Please go to their website for specific details on their Healing Pathways program, Pathways through Life educational series, and Family Events. 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 (with a selection of resources in Spanish) 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.

#### **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.

### **SUMMER PROGRAMS FOR CHILDREN**

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

Road 364, Ocean View, DE 19970

(302)856-5850 Extension 212; [James.Hatfield@state.de.us](mailto:James.Hatfield@state.de.us)

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

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 and

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, 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**

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

[www.delawarehospice.org](http://www.delawarehospice.org) Please check website Events Calendar and register for program as described for that program. Also see the Grief Support Newsletter on the website for more information about scheduled programs in each county.

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 programs offered in Sussex County include “New Beginnings” Luncheons and Brunches, “Next Step” Dinners, Monthly Milford Grief Group, Grief 101: Healing after the Loss of a Loved One”.

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

18947 John J. Williams Highway, Suite 312, Rehoboth Beach, Delaware 19971

(302) 645-9150; 1(888)793-9355 – National Cancer Support Helpline

[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

### **Bereavement Support**

Vitas Healthcare  
20103 Professional Park Blvd., South Building  
Georgetown, DE 19947  
[www.vitas.com](http://www.vitas.com)  
(302)451-4000  
Provides bereavement support services to the community.

Compassionate Care Hospice  
28467 DuPont Blvd, Suite 6,  
Millsboro, DE 19966  
[www.cchnet.net](http://www.cchnet.net)  
(302) 994-5900 / toll-free (866) 994-8137  
Provides bereavement support services to the community.

### **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.

- **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.
- **Families of Veterans Support Group** Professionally-led support groups for families of returning veterans and servicemen post-9/11.
- **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.

## **Death of a Child**

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

A.I. DuPont Hospital, 1600 Rockland Rd, Wilmington DE, 19803  
(302)651-6448

- **Monthly support group for parents who have had a child die at Nemours**  
Second Tuesday every month at 7:00pm.

### **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: Contact Clare Farrell.

Bayside Helping Hands is 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) 259-0212 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.

Compassionate Friends is 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 mail. 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 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.