

2015-16 DELAWARE GRIEF RESOURCE DIRECTORY
Sussex County Grief Support Groups and Services
www.degac.org

The Delaware Grief Awareness Consortium provides this updated directory of resources for use by all Delawareans who are experiencing loss and grief as well as by their family members, friends and counselors. Our hope is that this directory will lead you to resources available in your local community that will help you understand your thoughts and processes common in grieving the loss of a loved one and that will provide you an opportunity to share your feelings with others who understand and can provide support.

In this edition, we have divided the directory into distinct groups of services so that you may access them easily and quickly.

Crisis and Mental Health Services and **Police and Victim Services** are designed to address your immediate and acute short-term needs for information and support. The primary focus of the agencies listed is to provide for your safety and immediate well-being during and after crisis. 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 Groups and Services are listed separately by county. These include group programs that may be conducted over weeks or on an ongoing basis. Some organizations provide one-on-one or family support. It is important to call or email the organization providing the support service to confirm the location and time of support group programs. Group support services are designed to help those who are grieving a loss by working with you through this difficult time. These services often connect you with others who are going through similar situations and experiences in a support group setting. You may also receive written materials and referrals to other organizations, such as those listed in the **Service Agencies** section. Support services are designed to offer guidance to you as you negotiate the normal, but often difficult and painful path through your grief.

Over the last couple of years, we have expanded our listing of **Books for Children and Adults** as well as **Internet Resources**. Many of these library listings are available locally. We would like to acknowledge the wonderful support of the Christiana Care Health System librarians in adding many new books that are available to the public on loan at their three libraries.

When significant sources of stress occur simultaneously, complicating your grief, or the loss has a significant and enduring impact on your life that makes it difficult to function at work, school, or home, you may need to find help from a mental health nurse practitioner, counselor, therapist, psychologist or psychiatrist. Treatment will be individualized to your needs and may include individual, family or group therapy.

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 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 program or 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 for personal use or for use by your clients, but this information cannot be sold. The Delaware Grief Awareness Consortium reference should be retained. Please send any changes or additions to www.degac.org.

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 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

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

37171 Camp Barnes Road Frankford, DE 19945 www.campbarnes.net

Off-season Contact: Cpl/3 Shawn Hatfield - Director of Camp Barnes

Delaware State Police Troop

423652 Shortly Road

Georgetown, DE 19947

James.Hatfield@state.de.us | (302) 752-3834

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

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

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

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

<http://www.vitas.com> (302) 451-4000

Terri Bush - Bereavement Manager

Provides bereavement support services to the community.

Compassionate Care Hospice

20165 Office Circle, Suite 2

Georgetown, DE 19947

www.cchnet.net/mid-atlantic/delaware

(302) 994-5900 / toll-free (866) 994-8137

Compassionate Care Hospice offers bereavement supports services that are open to the public.

Call for information regarding dates and locations.

Special Circumstances

Suicide, Murder, Violence

Mental Health Association in Delaware

100 W. 10th Street, Suite 600, Wilmington, DE 19801

1(800) 287-6423 Call for information on location and time of meetings.

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. 4th Street, Wilmington, DE 19805

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

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 #2067 – Death of a Child

Epworth Methodist Church, Branford Room,
19285 Holland Glade Road, Rehoboth Beach, DE 19971
tcflighthouse@gmail.com May contact Marge at (302) 930-3344 with questions.

Hours of Operation: group currently meets the 2nd 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. The Lighthouse Chapter produces a newsletter that is mailed or sent monthly to members via email.

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

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 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. (depending on the facility, there may be a small charge for the workbook). The following churches offer the Grief Share program at various times throughout the year and may be contacted for information and starting dates.

Crossroads Community Church
20684 State Forest Road
Georgetown, DE 19947
Contact Kay Bennett or Gail Betts: (302) 629-0111 ext. 105

Eagles Nest Fellowship
26633 Zion Church Road
Milton, DE 19966
(302) 684-3149
Linda Deaton, Grief Share Leader

St. Johns United Methodist Church
300 N. Pine Street
Seaford, DE 19973
Office # (302) 629-9466

Other churches in the area may offer periodic classes; go to www.griefshare.org/findagroup for other locations and starting dates.

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

Call the Church office (302) 227-4550 for information

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. Email Pat Hearn at pathearn@gotogallo.com for additional bereavement support information.

La Esperanza ("Place of Hope")

216 North Race Street
Georgetown, DE 19947
(302) 854-9262

La Esperanza is the only bicultural and bilingual multi-service agency in Sussex County, Delaware that provides culturally and linguistically appropriate programs and services for Hispanic adults, children, and families. Email: [**info@laesperanza.org**](mailto:info@laesperanza.org)