

Grief and Bereavement Resource Repository

- [National Alliance on Mental Illness COVID-19 Resource and Information Guide](#)
- [Compassus Bereavement Outreach](#) – Offers counseling services for up to one year post-loss. New Facebook Live [support groups](#) are being offered during social distancing with David Keller.
- [Griefshare.org](#) – Find a grief group by [ZIP code](#).
- [Compass Health Network](#) – Grieving in the Time of COVID: [Part 1](#) and [Part 2](#).
- [Military OneSource](#) – Military OneSource provides 24/7 service to all active-duty service members, National Guard and reserves and eligible family members, including surviving spouses who don't remarry. Counselors offer information and make referrals on a wide range of issues including grief and bereavement. Arrange a face-to-face, phone, online or video counseling session by calling 800-342-9647 or [click here for overseas calling options](#).

Missouri-Specific Programs for Grief Support

[National Bereavement Guide – Missouri](#) – offers comprehensive, updated list of resources specific to Missouri locations and services primarily for children.

[Annie's Hope ~ The Bereavement Center for Kids*](#)

1333 W. Lockwood, Suite 104
St. Louis, MO 63122
314-965-5015

Annie's Hope is a community based nonprofit organization whose mission is to provide comprehensive support services for children, teens and their families who are grieving the death of someone significant. It is our goal to be the "go to" bereavement center focused solely on providing the most comprehensive services to meet the needs of grieving children, adolescents and their families in the greater St. Louis region.

[BJC Hospice](#)

1935 Belt Way Dr.
St. Louis, MO 63114
314-872-5050

BJC Hospice is part of a nonprofit health care system, and as part of its commitment to serving the community, BJC Hospice offers a number of grief support programs with no fee for participants. Labyrinth is a one-day teen grief retreat held in the spring and Stepping Stones is a weekend grief camp for kids ages 6-12 held each year in August. Wings on Wheels (WOW) is a mobile expressive arts therapy program which supports families, friends, school groups, spiritual communities and other groups impacted by illness or loss.

[Kids' Clubhouse](#)

320 North Forsyth
St. Louis, MO 63105
314-721-1144

Kids' Clubhouse is a nonprofit center for children and teens, 4-18 years old, and their families who are coping with the death of a loved one. We offer eight session support groups in the Fall and Winter. We also offer on-site grief support groups at schools in the greater St. Louis area. Additional community services include educational presentations on bereavement and grief processes, as well as consultation for schools and other community groups.

[Lake Regional Health System – Grief Support Group](#)

54 Hospital Drive
Osage Beach, MO 65065
573-348-8222

This support group is for people dealing with grief caused by various losses, including illness, death, divorce, loss of a home and other difficult life events. These sessions are designed to help people move through their grief. Participants will receive education, support and companionship.

[Lost & Found Grief Center](#)

1555 S Glenstone Ave.
Springfield, MO 65804
417-865-9998

Lost & Found Grief Center offers therapeutic peer support groups, at no charge for children pre-school age through high school who are grieving the death of a parent, sibling, or primary caregiver. While the youth meet with their peers, parent groups meet at the same time, addressing the entire family dynamic. The support groups, coordinated and supervised by a Group Coordinator with a Masters' in Counseling and assisted by trained volunteer facilitators, meet twice a month for a 90-minute session.

[Central Missouri Hospice Camp Courage](#)

2505 Mission Drive, Suite 320
Jefferson City, MO 65109
573-681-3750

Camp Courage is a free day camp for children ages 6-12 who have lost a loved one. Through the camp, children will find new ways to identify and express their grief through a variety of activities, including making memory boxes, reading, releasing butterflies and more. It is staffed by professionals and trained volunteers, and each child who attends is assigned a Buddy for the day. The Buddy provides companionship, support and supervision for the entire day. Parents and caregivers are encouraged to attend the adult support group in the morning.

[Healing Hearts Grief Support, Inc.](#)

Missouri Baptist Medical Center
301 Sovereign Ct. Suite #110
Ballwin, MO 63011
314-810-4055

Healing Hearts Grief Support is dedicated to meeting the needs of those in communities we serve that have lost a loved one through therapy and group support for children and adults.

[Kansas City Hospice & Palliative Care](#)

Solace House, Camp Erin, Camp Carousel
1500 Meadow Lake Parkway Parkway, Suite 200
Kansas City, MO 64114
816-363-2600

[Solace House](#)

8012 State Line Road, Suite 202
Prairie Village, KS 66208
913-341-0318

Solace House is a grief counseling center that supports children, individuals and families who have been impacted by the death of a loved one, whether anticipated, or sudden and unexpected. Camp Erin is a free, weekend bereavement camp for youth who are grieving the death of a significant person in their lives. Children and teens ages six to 17 attend a weekend camp experience that combines grief education and emotional support with fun, traditional camp activities. Camp Carousel is a weekend retreat for grieving families with school-aged children and teens. It is open to the community.

[Mercy Hospice South - de Greeff Hospice House](#)

10024 Kennerly Road
St. Louis, MO 63128
314-525-7390

Mercy believes that patients facing end-of-life deserve an environment dedicated to preserving their comfort, dignity and quality of life, surrounded by their families and loved ones. For almost twenty years, we've been privileged to care for over 5,000 patients completing their earthly journey at the Fern & Russell F. de Greeff Hospice House on the campus of Mercy Hospital South in south St. Louis County.

[Hospice Angels Foundation, Inc., Project GG: Good Grief](#)

Participating Cities: Kansas City, Liberty, Gallatin, Columbia, St. Louis
Missouri
989-891-2231

Families who participate in Project GG receive a GG Comfort Kit for their child, complete with a therapeutic book on grieving, a plush GG penguin, and a handmade blanket provided through a partnership with Project Linus. These materials offer security and comfort to children. Families receive ongoing support with a grief support specialist professional to help guide the process of health grieving.

[St. Louis Children's Hospital Bereavement Program](#)

One Children's Place
St. Louis, MO 63110
314-454-4096

The Bereavement Program at St. Louis Children's Hospital desires to provide parents, families and the community with resources that meet people where they are and will be of help moving forward on the journey of healing from loss.

[CoxHealth at Home - Hospice](#)

1550 E. Sunshine
Springfield, MO 65804
417-269-4663

CoxHealth at Home's Hospice and Bereavement team offers a number of individualized support groups at no cost to those who have suffered a loss. Additionally, our professional staff maintains contact to help families work through the grief process. CoxHealth is the only locally-owned, not-for-profit health system in the area, and the CoxHealth at Home Hospice program is accredited by URAC.

General Grief Resources

[AARP Grief & Loss](#) - A collection of resources and an on-line support community.

[National Funeral Directors Association](#) - Frequently Asked Questions about grief.

[American Cancer Society](#) - Support to cancer parents, family and friends.

[Growth House](#) - Discusses hospice care, dying with dignity, terminal illness, grief and bereavement.

[GROWW.org](#) - Message boards, resource listings and secure chat rooms for the grieving.

[WidowNet](#) - An information and support resource for, and by, widows and widowers.

Grief Resources for Parents

[Bereaved Parents USA](#) - A nationwide organization designed to aid and support bereaved parents and their families.

[The Compassionate Friends](#) - Supports families who have experienced the death of a child.

[SHARE Pregnancy & and Infant Loss Support](#) - Provides support to those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or newborn death.

[MISS Foundation](#) — The MISS Foundation provides resources, one-on-one mentorship and online support groups facilitated by trained moderators who are also bereaved parents, grandparents or siblings.

Perinatal Bereavement Support Group — A community organization that provides support and resources after stillbirth or miscarriage, when a newborn or baby dies of sudden infant death syndrome (SIDS). For meeting times and other resources call 913-632-4223.

SIDS Resources provides information and services to parents when a baby dies of SIDS. Call 913-735-7437.

Grief Resources for Children

[Fernside Online](#) - An online resource for grieving children.

[The Dougy Center](#) - The first center in the United States to provide peer support groups for grieving children. They provide support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief.

[National Alliance for Grieving Children](#) — A non-profit organization that supports the needs of children and teens who are grieving a death and provides education and resources for their loved ones.

Note: Resources are subject to change and services may have been affected by social distancing during the COVID 19 pandemic. This is not intended to be a comprehensive list. Please email additional resources for inclusion to Alison Williams at awilliams@mhanet.com.