



Grief Support Resources



GENERAL GRIEF SUPPORT

West Metro

Edina Grief Coalition (OLG is a member of this coalition)

Church location varies

Contact: Barbara Moore, 952-920-9450

Meets Thursdays weekly, 4:30-6:00 PM

edinagriefsupport.org

Park Nicollet Methodist Hospice

700 5th Street S, Hopkins, MN 55343 (Westside Business Park)

Contact: Melanie McCray, 952-993-0594

Young Widows support group (60 and younger)

Meets 2nd Thursdays monthly, 6:30-8:00 PM

West Suburban Grief Coalition

Church location varies

Contacts: Alva Benson, 763-545-1108 or Cindy Hilbrands, 612-801-2491

Meets Thursdays weekly, 4:00-6:00 PM

www.westsuburbangriefmn.org

Minneapolis

Growing Through Loss - Northern Suburbs

Contact: 763-755-5335

Minneapolis/Downtown Grief Coalition

Phone Number: 612-317-3454

Meets Saturdays weekly, 9:30-11:30 AM

www.mpls-griefsupport.com

Minnehaha/Nokomis Grief Coalition

Location varies

Phone Number: 612-724-3691

Coalition of Nokomis area churches

Meets Mondays weekly, 5:00-6:30 PM

Mount Olivet Lutheran Church

5025 Knox Avenue South, Minneapolis, MN 55419

Phone Number: 612-927-7335

Meets Tuesdays weekly, 6:30-7:30 PM, and 10:00-11:30 AM (widows/widowers)

North Memorial Hospice

3300 Oakdale Ave. N, Robbinsdale, MN 55422

Phone Number: 763-581-9590

Prince of Peace

13901 Fairview Drive, Burnsville, MN 55337

Contacts: Jody Slaughter, 952-898-9312;

Christian Life Center Chapel, 952-435-8102

j.slaughter@popmn.org

Meets Mondays weekly, 6:00-7:30 PM, Christian Life Center Chapel

South Minneapolis Coalition for Grief Support

Call or check website for location and schedule

Contact: Norine Larson, 612-827-6159

Meets Thursdays weekly, 6:30-8:00 PM

www.trustinc.org/programs/grief-support

TRUST

Location varies, Interfaith Coalition of South Minneapolis Churches

Contact: Norine Larson, 952-925-2437

TRUST@trustinc.org

Evening groups

South Metro

All Saints Catholic Church

19795 Holyoke Avenue, Lakeville, MN 55044

Phone Number: 952-469-4481

Meets 2nd Saturdays monthly, 8:00-9:30 AM

Bloomington/Richfield Grief Coalition

Location varies

Phone Number: 952-881-9244

Meets Thursdays weekly, 4:30-6:00 PM

www.brgriefcoalition.com

Fairview Hospice Oxboro Clinic

600 W. 98th St., Bloomington, MN 55420

Location varies (call for location and schedule)

Phone Number: 952-885-6197

HealthPartners Hospice of the Lakes

Phone Number: 952-885-6197

Southwest Grief Coalition

Coalition of area churches

Phone Number: 651-230-0359

Meets 5:30-7:30 PM (call for location and day)

GENERAL GRIEF SUPPORT, CONT.

South Suburban Grief Coalition / Growing through Loss

Coalition of 14 area churches (check the website or call for the location)

Phone Number: 651-452-8261

Meets Thursdays weekly, 7:00-9:00 PM

www.growingthroughlosstcsouth.com

North Metro

Center for Grief, Loss, & Transition

1133 Grand Ave, St. Paul, MN 55105

Phone Number: 651-641-0177

www.griefloss.org

Healtheast

Healtheast Midway 1700 University, West St. Paul, MN 55104

Phone Number: 651-232-3543

Meets quarterly (call for schedule)

LIFT Social Meetings for Widows

Contact: Norma Stueland, 763-535-4112

Group meets at least monthly for socialization and fun

North Heights Lutheran Church

1700 West Hwy 96 Room #217, Arden Hills, MN 55112

Phone Number: 763-571-1193

Contacts: Phyllis, 651-639-8226; Bud, 763-571-1193

Meets 1st and 3rd Thursdays monthly, 6:00-8:00 PM

www.nhlc.org/connect

North Suburban Grief, Loss, Transition

Location varies (call for location and schedule)

Phone Number: 763-755-5335

Meets Mondays weekly, 6:45-9:00 PM

St. Paul/Capitol City Grief Coalition

Location varies

Phone Number: 651-227-4430

Contact: Lois Knutson, 651-227-4430

Meets Thursdays weekly, 5:30-7:00 PM

RETREATS AND CAMPS

Camp Erin

For Children Ages 6-17

26001 Heinz Rd, Willow River, MN 55795

Phone Number: 952-892-2111

Contacts: Jenny Simmonds or Lisa Hansen

www.moyerfoundation.org/camps-programs/camp-erin

Camp Journey

For Children Ages 7-18

1620 Fawcett Dr, East Gull Lake, MN 56401

Phone Number: 218-828-2344

www.brainerd.com/camp_journey

Camp Noah – Lutheran Social Services of MN

23 Como Ave, St. Paul, MN 55108

Phone Number: 1-800-987-0061

Faith's Lodge

6942 County Rd C, Danbury, WI 54830

Phone Number: 715-866-8200

www.faithslodge.org

Hearts of Hope

72351 Pine River Rd, Willow River, MN 55795

Phone Number: 218-372-8420

www.childrensgriefconnection.com/grieving-families

SPECIAL LOSS

Allina Mothers' Baby Loss Support Groups & Retreat

Phone Number: 612-262-7025

Bradshaw Funeral Home

Suicide Loss Survivors

4600 Greenhaven Dr, White Bear Lake, MN

Contact: Tony DelPercio, 651-489-1349

Call or go on website for dates and times

www.Bradshawfuneral.com

East Metro Suicide Loss Survivors

Contact: Chris Caulkins, 651-295-6595

Call for location and dates

SPECIAL LOSS, CONT.

Calvary Lutheran Church

Suicide loss survivors

7520 Golden Valley Rd., Golden Valley, MN

Phone Number: 763-267-7041

Contact: Bev Chipman, 763-323-3178

Meets 1st & 3rd Tuesdays monthly, 7:00-8:30 PM

United Hospital

Perinatal loss, pregnancy, NICU, pregnancy after a loss

333 Smith Ave N, St. Paul, MN

Contact: Annette Klein, annette.klein@allinia.com or 651-241-6206

Meets 2nd & 4th Mondays monthly, 5:00-6:30 PM, perinatal loss, pregnancy, NICU

Meets 1st & 3rd Mondays monthly, 5:00-6:30 PM, pregnancy after a loss

Grandparent support is offered 4 times per year (call for upcoming dates)

Call prior to attending

St John's Hospital – Infant Loss Center

Infant and child loss group

1575 Beam Ave, Maplewood, MN

Phone Number: 651-232-3192

Meets 1st & 3rd Tuesdays monthly, 5:30-6:45 PM

IRIS (Infants Remembered In Silence)

218 3rd Ave NW, Faribault, MN 55021

Phone Number: 507-334-4748

Meets 2nd Wednesdays monthly, 11:00-1:00 PM and 4th Tuesdays, 7:00-8:30 PM

www.irismembers.com

Lutheran Church of Christ the Redeemer

Suicide Survivors

5440 Penn Ave S, Minneapolis, MN

Contact: JoAnne Dunstad, 952-944-2478

Meets 2nd & 4th Tuesdays monthly, 7:00-8:30 PM

Mary Mother of the Church

Suicide loss survivors

3333 Cliff Rd, Rm 17, Burnsville, MN

Contacts: Toni Wetzel, 612-518-7303; Shirley Pelant, 952-894-4093

Meets monthly on 2nd Tuesdays, 7:00-8:30 PM and 4th Thursdays 7:00-8:30 PM

Parents of Murdered Children Inc.

Self-help support education for families/friends who have lost a loved one to violence.

Contact: Marquit, 651-403-9780

Meets last Sundays of the month, 4:00-5:30 PM

www.pomc.org

Men's Suicide Loss Survivors Group Fred Babcock Richfield VFW

6715 Lakeshore Drive, Richfield, MN

Contacts: John Alt, 952-943-1959; Lee Brandt, 612-812-5628

Meets 2nd Saturdays monthly, 8:30-10:00 PM, Men's Saturday Breakfast Club

St. Paul Friends & Families of Suicide

Suicide loss survivors

1725 Grand Ave, St. Paul, MN

Contact: Tracy Toner 651-587-8006

Meets 3rd Mondays monthly, 7:00-9:00 PM, Twin Cities Friends Meeting

SAVE (Suicide Awareness Voices of Education)

For those who have recently suffered a loss of a loved one

Phone Number: 952-946-7998

Call for current schedule and location(s)

www.SAVE.org

NAMI (National Association on Mental Illness)

Family support groups; parent resource groups; Kidshop; and open door for people living with anxiety or panic disorder.

Phone Number: 651-645-2948

www.namihelps.org



"I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude towards the inevitable misfortunes that darken life. Bad things happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have — life itself."

- Walter Anderson -

A resource guide produced by the Pastoral Care Team at:

OUR LADY  OF GRACE
CATHOLIC CHURCH
EDINA