

New Castle County Grief Support Groups and Services

INTRODUCTION

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.

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GRIEF SUPPORT GROUPS AND 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

16 Polly Drummond Center, Newark, DE 19711
Statewide: 1(855)672-2200, toll-free number
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, and their families, who are coping with the death 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. See their website for a video presentation about this program.

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
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-

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discipline.

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

www.delawarehospice.org Go to Events Calendar

Register for programs using contact information listed for the program you wish to attend. 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. Examples of programs in New Castle County include “Adult Child Loss of Parent Monthly Group”, “Six-Week Support Group:” Healing after the Loss of a Loved One”, “Next Step Dinners”, “Monthly Widow/Widowers/Life Partner Grief Support Group”.

The Cancer Support Community (formerly The Wellness Community)

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

(302) 995-2850; Cancer Support Helpline: 1-888-793-9355

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.

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- **The Next Step**: for those who have lost a loved one over a year ago

Ongoing Support Groups and Services

General Grief Group

Monthly Middletown Group
MOT Senior Center
300 S. Scott Street, Middletown, DE
(302) 478-5707

Facilitated by professional counselors from Delaware Hospice, www.delawarehospice.org
See website for dates and time of meetings. No registration is required.

General Grief Support Group

Cokesbury Village
726 Loveville Road, Hockessin, DE
(302) 478-5707

Facilitated by professional counselors from Delaware Hospice, www.delawarehospice.org. See website for dates and time of programs held at this location.

Grief Support Group

Seasons Hospice & Palliative Care
(302) 533-3800
Holds groups at:
Newark Senior Center
200 White Chapel Road,
Newark, DE
Every second and fourth Wednesdays from 10:30 am- 11:30 am.

Bereavement Support

Vitas Healthcare
100 Commerce Dr.
Newark, DE 19713
www.vitas.com
(302)451-4000
Provides bereavement support services to the community.

Compassionate Care Hospice
405 East Marsh Lane, Suite 4,
Newport, DE 19804
www.cchnet.net
(302) 993-9090 / toll-free (800) 219-0092
Provides bereavement support services to the community.

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SPECIAL CIRCUMSTANCES

Suicide, Murder, Violence

Mental Health Association in Delaware

100 W. 10th Street, Suite 600, Wilmington, DE 19801,
(302) 654-6833 Call for information on location and time of monthly 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. Peer-led support groups for people with depression and anxiety are offered.
- **Survivors of Suicide (SOS) for Grief and Healing** Peer-led group for individuals who have lost a loved one or friend to suicide.
- **Survivors of Accidents and Murders (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) emailed Josh

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

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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

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.

Death of a Parent

Adult Child Loss of Parent Support Group

Delaware Hospice

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

Statewide: 1 (800) 838-9800

www.delawarehospice.org

Call or go to the website above to view availability, where and when each group meets.

Parents upon 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.

Compassionate Friends

Brandywine Valley Baptist Church, 7 Mount Lebanon Road, Wilmington, DE

(302) 998-1775 (Linda Simione); (302) 328-5727 (Betty Valentine)

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.

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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. Please call for more information.

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 facilitated by trained bereavement staff who provide 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) 368-9500
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

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 GriefShare website for a listing of the 13-week programs within your local area and registration information. Occasionally, programs will use the www.degac.org website calendar to list upcoming programs.

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Life after Loss – GriefShare Recovery Support Program

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 to 9:00 pm (except during the summer). Please call to register for the next 13-week session. Unlike most churches, the Lutheran Church of the Good Shepard provides the program continuously, except for a short time during the summer.

Seasons of Hope

Catholic Diocese of Wilmington
Office for Marriage and Family Life
1626 N. Union Street,
Wilmington, DE 19806
www.cdow.org
(302) 295-0667

Seasons of Hope is a Catholic support program for the bereaved searching for hope and healing. See website for more information about this 8-week **regional** support program, dates, and location. There is a small fee for program materials. Please contact the Office for Marriage and Family Life for a list of parish-based bereavement support programs.

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

Women in Transition

Women with Wings

5195 W. Woodmill Drive, Suite 27, Wilmington, DE 19808
(302) 635-0790
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 website for the calendar of upcoming programs.