

Kent 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

Kent County: 911 S DuPont Highway, Dover, DE 19901, (302) 678-4444

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

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.

Camp New Hope-Delaware Hospice

1 (800) 838-9800

www.delawarehospice.org

A free 4-day camp, held in each county, 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

Kent County Office: Delaware Hospice Office, 911 South DuPont Highway, Dover, DE,

Statewide: 1 (800) 838-9800

www.delawarehospice.org

To register for programs, please go to the website Events Calendar for offerings and specific details on how to register for the program(s) 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. Some of the support programs serving Kent County include “Next Step” Dinners, “New Beginnings” Brunch, Monthly Younger Widow/Widower/Life Partner Grief Support Group.

The Cancer Support Community (formerly The Wellness Community)

Kent County: 812 South Bradford Street, Dover, DE 19904

(302)734-0898, (30)

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**

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- **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

Grief Support Group

Seasons Hospice & Palliative Care

(302) 533-3800

Holds support group every second and fourth Tuesday from 4:00pm-5:00pm at

Christ Episcopal Church

523 S. State Street,

Dover, DE 19901

Special Circumstances

Suicide, Murder, Violence

Mental Health Association in Delaware

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

1 (800) 287-6423

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.

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- **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

Contact: Contact: Kim Book

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.

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.

The Compassionate Friends, Inc. - Bay Breeze Chapter

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Church of Christ, 1156 S. Governors Ave., Dover, DE 19904, Contact Liz at (302) 284-7590

www.compassionatefriends.org; bay-breezecomcast.net

Organization for families (parents, grandparents, and older siblings) who have experienced the death of a child at any age. Meets second Thursday each month at 7:00 pm.

Faith-Based

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 4 churches in Kent County have provided GriefShare programs. Check the website for the calendar of upcoming programs.

Bayhealth Kent General Hospital

Chaplaincy Care

(302) 744-7187 Call to inquire about pastoral services available.

Grief support is provided for adults experiencing loss.