

VNA Hospice Care Calendar for Summer 2020

VNA bereavement events provide an opportunity for bereaved individuals to meet with others who understand loss and learn more about helping themselves. We will resume our grief events when our medical staff deems it safe to do so. **Until that time, please reach out to your bereavement coordinator for support and to be a resource to you.**

Dallas: Sue Rafferty – (214) 689-2922 – rafferts@vnatexas.org

Collin: Susan Bryan – (214) 733-5543 – bryans@vnatexas.org

Denton: Kimberly Mackay-Pearson – (214) 263-1916 – Kimberly.mackaypearson@vnatexas.org

Kaufman: Kevin Moore – (972) 962-7500 – moorek@vnatexas.org

Online Grief Support Groups

www.faithandgrief.org/gatherings – A local faith-based organization that is currently holding online grief meetings.

www.griefshare.org – A faith-based grief program that uses video lessons and discussion groups. Many of its groups are being done online; check their website to find ones near you.

<https://www.thewidowsjourney.org/> – Dallas organization for widows that holds support meetings online.

Helpful Websites for Loss and Grief

www.psychologytoday.com/us/basics/grief – Listing of private practice counselors and therapists in your area who specialize in grief and loss (VNA doesn't endorse these, but is only sharing this website info if it is helpful to you)

www.aftertalk.com – Website with articles, blog, resource center, and an "ask Dr. Robert Niemeyer" column, with space for writing private conversations to loved ones and archiving memories

www.centerforloss.com – Links to books and articles by grief counselor and educator Alan Wolfelt, PhD.

www.grief.com – Website with videos and info from grief expert and educator Dr. David Kessler.

www.thegrieftoolbox.com – A place for grief tools, where people can find the grief resources they need. Includes links to articles, videos, support group finder.

www.whatsyourgrief.com – Website about many aspects of coping with grief

www.widownet.org – Information and self-help resources for widows and widowers, discussion boards.

www.griefhealing.com – Website with extensive quotes/poems section, articles on loss and pet loss, discussion groups.

www.healgrief.org – Social support network providing resources and support for coping with grief.

www.opentohope.com – Online resource center that includes community forums and articles, podcasts, and videos on a wide variety of grief-related topics.

www.ourhouse-grief.org/grief-pages (*has Spanish resources*) – Grief articles in English and Spanish

www.connect.legacy.com – Online support groups, articles, blogs, resources, and more.

www.forums.grieving.com – Forums for different kinds of losses and grief issues.

www.hubpages.com/health/grief-loss-bereavement – Extensive website about grief and loss with many links to grief-related articles.