



Bereavement Support Groups in the Richmond, Virginia Area

Updated April 2018

General Loss

At Home Care

Adult support groups and educational in-services facilitated by bereavement counselors. Three eight-week sessions meet on Wednesdays beginning on 5/2, 8/1, and 11/7; 3-4:30 p.m. at 2922 W. Marshall St., Richmond. To register, call 358-3480.

Bon Secours

Eight-week support groups facilitated by counselors in various locations. Specialty groups (young adults, LGBT), workshops, and other programs available. 433-4710 or bereavement@bshsi.org

Bryan's Oasis

Retreat cabin in the Blue Ridge Mountains for grieving parents. Hosted by Hank and Peggy Graeser to offer rest and hospitality. graeserh@comcast.net

Camp Kesem

Free week-long summer camp for kids ages 6-18 who have lost a parent to cancer, have a parent undergoing cancer treatment, or whose parent is a cancer survivor. Coordinated by trained college student leaders at the University of Richmond. campkesem.org/richmond

Comfort Zone Camp

Bereavement camps serving kids (ages 7-17) from all over the country; young adult programs (ages 18-25); Saturday family programs (ages 5 to adult). 377-3430, comfortzonecamp.org

Crater Community Hospice

Adult support groups in Petersburg, Chester, and surrounding counties. Contact Patti Cox at 526-4300 or 840-6454; cratercommunityhospice.org

Encompass Hospice

Weekly drop-in support group facilitated by staff (daytime and evenings). 1030 Old Bon Air Road, Richmond. Contact Verlean at 726-2855 or vgould@ehhi.com.

Eunice's Circle of Friends

Monthly grief support group and social events. Fourth Thursdays from 6-7 p.m. at Care Advantage, 10041 Midlothian Turnpike, Richmond. Contact Breanoh at ecf@careadvantageinc.com eunicescircleoffriends.com

Full Circle Grief Center

Eight-week support groups for children (ages 3-17) and their parent(s)/guardian(s); community and educational programming; loss-specific groups. Contact Britt Cowart, LCSW at 912-2947, x107 or HOHgroups@fullcirclegc.org.

Grief Share

Twelve-week Christian video series and holiday programs with discussion groups at local churches. Find specific locations at griefshare.org.



Grief Support Group

First and third Mondays, 7–8:30 p.m. at Huguenot Road Baptist Church. 272-2072; hrbcrichmond.org

Heartland Hospice

Eight-week adult grief support group facilitated by staff. 10800 Midlothian Turnpike, Richmond. Call 201-5957 for more information.

Homicide Support Group

For loved ones who've had someone die by homicide or a violent death. First Wednesdays, 5:30–7 p.m. at the Richmond Police Training Academy, 1202 W. Graham Rd., Richmond. Contact Officer McClarin at 646-6754.

Hospice of Virginia

Short-term grief groups three times a year at 2235 Staples Mill Rd., Richmond. Contact Andrea at 887-2486 or askeens@hospiceofvirginia.com.

James River Home Health and Hospice

Adult support groups. Contact Alane Cameron Ford, 801-4511, amiles@jamesriverhh.com.

The Fan: Every Tuesday, 5:15 p.m. at the Robin Inn, 2601 Park Ave., Richmond.

Midlothian: Fourth Wednesdays at 11 a.m. at St. Mark's Methodist Church, 11551 Lucks Lane, Midlothian.

Sandston: Second Mondays at 6 p.m. starting in May at Sandston Library, 23 E. Williamsburg Rd., Sandston.

West End: Fourth Thursdays at 2 p.m. at Tuckahoe Library, 1901 Starling Dr., Henrico.

Johnston-Willis Hospital

Monthly bereavement support group for families on second Tuesdays, 11:30 a.m.–1 p.m. at the Hawthorne Cancer Resource Center (located in Sarah Cannon Cancer Institute/Johnston-Willis Hospital). Contact Sandra at 483-5078 or sandra.tan@hcahealthcare.com.

Journeying Through Grief (Ages 50+)

Adult support group, led by a professional counselor focused on a different topic each week to include connecting with others, therapeutic activities, and group discussions. Coordinated by Full Circle and Bliley's Funeral Home. First and third Tuesdays from 9:30–11 a.m. at Bon Air Community Center, 8724 Quaker Lane, Bon Air. blileys.com/community/events-education/ or call Allyson at 912-2947, x102

Mechanicsville

Monthly grief group using Grief Share materials at Cool Spring Baptist Church. Contact Jerry and Patsi Deans, who are bereaved parents at 559-7622.

Medi Hospice

Eight-week bereavement support groups in Glen Allen facilitated by staff counselors. Contact Sam Maye at 282-4301.

Petersburg – Southside Regional Medical Center

Adult support group meets on the second and fourth Thursday of the month from 7-8 p.m. at Southside Rehabilitation Services, Colonial Heights Medical Park, 430 Clairmont Court, Suite 120, Colonial Heights. Contact Don Phelps at 765-5593.

Powhatan - St. John Neumann Catholic Church

Adult support group led by clergy and lay ministers who have experienced a loss. Meets on first Sunday of the month after 11 a.m. mass in Father Val Hall. RSVP jimtubbs25@gmail.com.

Richmond Hill

Monthly drop-in support group on fourth Fridays from 10–11:30 a.m. Occasional day-long grief retreats. Church Hill area. Contact Sandy Gramling at 783-7903. richmondhillva.org

Tappahannock Grief Group

Bereavement group open to any grieving individual. Wednesdays 1–2 p.m. River Fitness Center, 1025 Hobbs Hole Dr., Tappahannock. Contact Kim Barker at Riverside Tappahannock Hospice, 443-6130.

Tragedy Assistance Program for Survivors (TAPS)

Offers grief support for those grieving the loss of a military loved one. Retreats, seminars, children's programs, and online resources. 24/7 Helpline: 800-959-8277; info@taps.org; taps.org

Perinatal Death

Full Circle Grief Center

Eight-week grief support group for parents who are grieving the death of a baby due to late-term pregnancy loss, stillbirth, or prematurity. Facilitated by counselors with concurrent remembrance program for children. Contact Carrie at 912-2947, x115 or carrie@fullcirclegc.org.

MISS Foundation – Early Miscarriage

For women seeking support after the loss of a baby in early pregnancy. First Wednesdays from 6:30–8 p.m. at Healing Circle Counseling Office. Contact Linda at linda.zaffram@missfoundation.org.

Pregnancy and Infant Loss Support Group

Monthly support group for parents and adult family members grieving the loss of a baby. First Thursdays from 6-7 p.m. at Henrico Doctors Hospital, Sarah Cannon Cancer Institute, 7607 Forest Ave., Suite 110. Contact Anna: 977-5862 or annaharrismw@gmail.com.

Seasons of Grief by family.extended.

Seasonally offered perinatal loss grief support resource, which includes memento making. This activity is for all members of families grieving a pregnancy/infant loss. Children are welcome. Light refreshments and all supplies are provided. For information about workshop dates and times, contact sonyia@familyextended.org.

Death of a Child

Compassionate Friends

Monthly support group and resources for parents, siblings, and grandparents who have experienced the death of a child (any age). Annual candle lighting service and remembrance walk. Facilitated by bereaved parents. Meets on the last Tuesday of the month, 7 p.m. at St. Matthias' Episcopal Church, 11300 Huguenot Rd., Midlothian. 458-9000, tcfvra@hotmail.com; compassionatefriendsRVA.org, or call 877-969-0010 for individualized resource packet.

MISS Foundation

Support for mothers and fathers enduring the death of a child of any age, from any cause. Third Mondays, 7-8:30 p.m. Contact karla.helbert@missfoundation.org. Online resources at richmond.missfoundation.org.

Sisters of Hope

A group of bereaved Christian moms gathering to offer support, encouragement, and hope. Monthly support group on second Tuesdays from 7-9 p.m. at Village Church, 233 N. Courthouse Rd., N. Chesterfield. Contact Kathy Brundage at 405-3001. sistersofhope-richmond.com

Death of a Spouse

Healing Hearts Club

Social group for widows and widowers with monthly events at Huguenot Road Baptist Church. Call for dates or check calendar online. 272-2072; hrbcrichmond.org.

Support for Widowed Spouses

Nine-week bereavement program held evenings two times per year. Spring Group starts in March in Westover Hills. For more information, contact Belinda Early at 513-5772 or belinda.early@gmail.com. Fall Group starts in October in Bon Air. For more information, contact Elaine Nowinski at 272-7787 or elaine.m.nowinski@gmail.com.

Widowed Support Group

Six-week support group in Chesterfield for those who have faced the death of a spouse. For more information and to register, call Morrisett, 275-7828.

Young Widows or Widowers

Support and social outings for ages 25-65 on second Tuesdays. Contact Tammy Smith at Richmond YWOW, 201-5741. ywow.org

Death by Suicide

Full Circle Grief Center

Eight-week grief support group for adults grieving the death of a loved one by suicide. Facilitated by counselors with possible concurrent remembrance program for children. Contact Maryse at 912-2914, x114 or maryse@fullcirclegc.org. fullcirclegc.org

James River Home Health and Hospice/NAMI

Support group on first Thursdays, 7-8 p.m., Monument Heights Baptist Church, 5716 Monument Ave., Richmond (second floor, first door on right). Contact Alane Cameron Ford, 801-4511; amiles@jamesriverhh.com.

Survivors of Suicide

Monthly support group on fourth Thursdays, 7-8:30 p.m. at Iron Bridge Church, 10900 Iron Bridge Rd., Chester. To register, contact Greg Webber from Morrisett at 275-7828.

Survivors of Suicide Loss

Monthly support group on third Thursdays, 6:30-8 p.m. at the Pusey House, 2705 Park Ave., Richmond. This is an open group, all are welcome, no registration needed. Call peer facilitator Ren Bell at First Baptist with questions, 548-6670. soslrva.wordpress.com

Death by Overdose

Full Circle Grief Center

Eight-week grief support group for individuals who are grieving the loss of a loved one by overdose. Facilitated by counselors. For more information, contact Stacia at 912-2947, x104; stacia@fullcirclegc.org.

Overdose Loss Support Group (GRAPLE)

Support group for anyone who has lost someone to substance abuse or addiction. Tuesdays from 7–8 p.m. at the McShin Foundation, 2300 Dumbarton Rd., 3rd floor conference room, Richmond. Contact Tracy Grow at 229-5024 or graplerva@gmail.com.

Additional Group Resources

Bereavement Coalition of Central Virginia

A network of counselors, chaplains, hospice professionals, bereavement volunteers, and support group leaders who meet on the second Friday of the month from 8:30-10 a.m. to discuss current bereavement services in the area and professional educational resources. Contact bereavementcoalition@gmail.com to be added to the email list for upcoming meeting information and other program announcements.

Mind-Body Art Therapy Groups for Self-Care

Offered by Zoe Therapy Services – Becky Jacobson, MA, ATR, LMT

These groups are great for caregivers, and those who have lost a loved one and are in need of extra support. The groups combine meditation, mindfulness techniques, and creative self-expression. Each group enables participants to reconnect with the Self, to rebuild inner-resilience, and offers a quiet and therapeutic space to regroup and heal. mindbodyartes@gmail.com; zoetherapyservices.com

RVA Death Café

All faiths and cultures are invited to this open discussion about death and dying. The dialog is casual and group led. Please note this is not a specific bereavement support group. Info about death cafes at DeathCafe.com. Upcoming info posted on facebook group: RVA End of Life Network. Contact Shelby with Peaceful Passings at 502-3667.

Grief Support in Hampton Roads

Bon Secours has a Bereavement Center serving the Hampton Roads area providing support groups, programs, and referrals; programming for children and young adults. 757-947-3420 or bshr.com/bereavement

Online Resources

Bereavement Resource Manual

fullcirclegc.org/manual

This resource has been created and produced by professionals from Full Circle and brings together all of the available local resources as well as age-appropriate grief education. Geared toward professionals, grieving families, and people supporting those who are grieving.

HelloGrief.org by Comfort Zone Camp

Articles on this online forum discuss the impact of loss, ways to help grieving persons cope, and how to build a community of support for those living with grief. Teen friendly.

Grief Anonymous (GA) & Grief Resource Network (GRN)

GA and GRN are online grief resources looking to connect individuals with others who've had a loss or are experiencing anticipatory grief. GRN connects individuals to local groups and professional resources, and houses a grief resource library, archive of grief research, and a database of national crisis hotlines. GA is also on Facebook with a Family Hub that offers multiple specific groups, including loss of spouse/partner, child, or parent. griefresourcenetwork.com; griefanonymous.com

WhatsYourGrief.com

This web site promotes grief education, exploration, and expression in both practical and creative ways.

Pet Loss Program at VCU

<https://chai.vcu.edu/programs--services/pet-loss-support/>

Compiled by:

**Bon Secours Hospice
Bereavement Services**

804-433-4710
bereavement@bshsi.org

**Hospice Office
(Northside)**
8580 Magellan Parkway
Richmond, VA 23227

**Community Hospice
House (Southside)**
1133 Old Bon Air Road
Richmond, VA 23235

