



Children's National™

Chaplaincy Services

A photograph showing a young woman in a pink shirt looking towards a young man in a blue plaid shirt. The man is covering his face with his hands, suggesting he is in distress or grieving. The background is blurred.

# Bereavement Resources

A Guide for Those Who are Grieving



# BEREAVEMENT SUPPORT GROUPS AND COUNSELING

**Y**our child has died and nothing will ever be the same. How will you find the strength and support you need to cope with your grief? Many people have discovered individual counseling to be helpful, while others have found that bereavement support groups offer an opportunity to share and learn from others who are dealing with similar issues. Websites can also be important sources of support and information. Many of these services are free, and others have fees based on your ability to pay. Following are just a few of the organizations, both online and in the metropolitan area, that specialize in bereavement services. All offer support for parents and families who have experienced the death of a child.

## METROPOLITAN AREA

**COMPASSIONATE FRIENDS** National organization offering support groups for bereaved parents, grandparents, and siblings. There are local chapters in the District of Columbia, Maryland, and Virginia.

202-526-4855

[www.compassionatefriends.org](http://www.compassionatefriends.org)

**\*CAPITAL HOSPICE** Offers grief counseling and support free of charge. Services are provided across the metropolitan area.

800-255-3042

[www.pointofhope.org](http://www.pointofhope.org)

## HOPE FOR THE JOURNEY

For parents, care-givers and siblings grieving the death of a child, once a month.

HSC Pediatric Center,

1731 Bunker Hill Rd. NE Washington, DC

English and Spanish speaking groups; groups for siblings Facilitated by chaplains and child life specialists. To register or for more information contact Bereavement Coordinator; Children's National Medical Center. 202-476-5050



### **JEWISH SOCIAL SERVICES AGENCY OF METROPOLITAN DC**

Support group for parents Suzanne Adelman.  
301-816-2683  
[www.jssa.org](http://www.jssa.org)

### **\*SIDS ALLIANCE OF THE MID ATLANTIC**

Provides support and information to families who have experienced the sudden and unexpected death of an infant.  
24 hour bi-lingual hotline:  
1-800-221-7437  
703-955-6899  
[www.sidsma.org](http://www.sidsma.org)

### **WILLIAM WENDT CENTER FOR LOSS AND HEALING**

Specializes in addressing grief in adults and children. Individual and group therapies, grief camps for children.  
4201 Connecticut Ave NW Suite 300 Washington, DC 20008. 202-624-0010  
[www.wendtcenter.org](http://www.wendtcenter.org)

The Bereavement Program of Children's Hospital

### **BEREAVED PARENTS OF USA, ANNE ARUNDEL COUNTY**

For parents of children who have died.  
Meets first Thursday of every month at 7:30 pm  
Calvary United Methodist Church  
Rowe Blvd, Annapolis, MD.  
Terry Belt, Coordinator. 410-721-1359  
[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

### **THE EMPTY ARMS ACHING HEART SUPPORT GROUP**

For still born, miscarriage or infant loss.  
Washington Adventist Hospital 7600 Carroll Avenue Takoma Park, MD.  
2nd Sunday of every month, 2:30-4:00 p.m.  
English and Spanish speaking groups You must register to attend.  
Contact Melanie Bailey. 301-891-5266  
[mbailey@adventisthealthcare.com](mailto:mbailey@adventisthealthcare.com)

### **MARYLAND CENTER FOR INFANT AND CHILD LOSS**

For families of children that have died unexpectedly.  
800-808-7437  
[www.infantandchildloss.org](http://www.infantandchildloss.org)

### **MONTGOMERY HOSPICE**

Support for children and adults who have experienced a loss in their life.  
Services are free to residents of Montgomery County. 301-921-4400  
[www.montgomeryhospice.org](http://www.montgomeryhospice.org)

### **PERINATAL LOSS SUPPORT GROUP**

Holy Cross Hospital Resource Center 9805 Dameron Dr. Silver Spring, MD.  
Meets 1st Monday of each month at 6pm-7:30pm (English) and 7:30-9:00 pm (Spanish).  
To register or for information contact Nanette Barry at 301-754-7158.  
[barrdia@holycrosshealth.org](mailto:barrdia@holycrosshealth.org)



### **VIRGINIA EMPTY ARMS**

For still born, miscarriage or infant loss.  
(703) 490-1152

### **DC M.I.S.S. FOUNDATION**

Support group meetings held monthly for parents who have experienced the death of an infant or young child. Current and archived newsletters.  
703-730-8266  
[www.dcmisfoundation.org](http://www.dcmisfoundation.org)

### **HAVEN OF NORTHERN VIRGINIA**

All volunteer, offers emotional support to bereaved families and friends. Support groups.  
4606 Ravensworth Rd. Annandale, VA 22003.  
703-941-7000  
[www.havenofnova.org](http://www.havenofnova.org)

### **LIFE WITH CANCER**

Sponsored by INOVA Fairfax Hospital.  
Services are free of charge.  
703-776-2841  
For children's grief groups, contact  
Jenny Eckart, MSW. 703-208-5623  
[www.lifewithcancer.org](http://www.lifewithcancer.org)

### **ONLINE RESOURCES**

#### **BEREAVED PARENTS OF THE USA**

Support for parents, siblings and grandparents  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

#### **GRIEF HAVEN**

Offers free newsletters for parents and siblings  
[www.griefhaven.com](http://www.griefhaven.com)

#### **GRIEFNET**

Online support groups for adults and children  
[www.griefnet.org](http://www.griefnet.org)

#### **BEREAVED PARENTS**

Support and resources for bereaved parents.  
Forum and chat room.  
[www.bereavedparents.com](http://www.bereavedparents.com)

#### **\*KID'S CANCER NETWORK**

For families who have lost a child from cancer.  
[www.kidscancernetwork.org](http://www.kidscancernetwork.org)

#### **M.I.S.S. FOUNDATION**

Crisis and long term support to families after the death of a child from any cause  
[www.missfoundation.org](http://www.missfoundation.org)



\*SITIO WEB DISPONIBLE EN ESPANHOL



**For more information, contact  
Bereavement Coordinator  
Children's National Medical Center  
Washington, DC  
202-476-3321  
[www.childrensnational.org](http://www.childrensnational.org)**

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