Bereavement Support – Adults and Young Adults

Clinical Social Work

### **Adults**

Association for Death Education & Counseling

Online resources for coping with loss or call for referrals to support groups throughout the

United States. 612-337-1808

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

Hospice Foundation of America

Offers support and education about death, illness, and bereavement. They offer referrals to grief support groups throughout the United States and sponsor an annual 'Living with Grief' teleconference series, a monthly bereavement newsletter, as well as other publications.

800-854-3402

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

LGBT Bereavement Groups

The Fenway Institute’s LGBT Aging Project sponsors bereavement groups for LGBT adults of any age who have experienced the loss of a loved one (family member, friend, partner/spouse). Offered in six locations across the state including Boston, MetroWest and Cape Cod. Groups are all free.

857-313-6578

[fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/](https://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/programs-support-groups/)

Tragedy Assistance Program for Survivors (for military families)

Offers a 24/7 hotline for family and friends who have lost a loved one in the line of military duty. They offer peer support, crisis intervention, case work assistance, and grief counseling referrals.

800-959-TAPS (8277)

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

### **Widows/Widowers**

WidowNet

An online information and self-help resource created for and by widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people who have suffered the death of a spouse or life partner.

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

### **Young Adults**

Actively Moving Forward

Campus chapters are student-led, faculty/staff-advised, and university-recognized student organizations that offer a peer-led grief support group for college students coping with the illness or death of a loved one. They also support non-collegiate young adults online. [healgrief.org/actively-moving-forward/](file:///%5C%5CMGBWEB0038%5CstageSS-healthcare.mgb.org%24%5Css%5Cssframebottom%5Cstaffresources%5CNew%20Site%5CBasic%20Needs%5Chealgrief.org%5Cactively-moving-forward%5C)

The Dinner Party

Program for people in their 20s and 30s who have experienced a significant loss. Through unstructured dinner parties hosted by friends for friends, they invite those who’ve experienced significant loss to use their shared experience as a springboard toward living better, bolder, and more connected lives.

[thedinnerparty.org](https://www.thedinnerparty.org/) or start a local table: [thedinnerparty.org/virtualhosting](http://www.thedinnerparty.org/virtualhosting).

**Empower**

Support for children through young adults who have lost a parent. The Empower Mentor program pairs children, teens and young adults with screened and trained mentors who have also experienced the loss of a parent. Empower also hosts events and get togethers to provide relief from grief and meet others who have experienced loss.

[weareempower.org](https://weareempower.org/)