Grief Support Groups

• Bethesda Baptist Church Grief Support Group
  o 7950 N CR 650 E, Brownsburg, IN 46112
  o 317-638-9470
  o Offers a support group for the widow or widower to help them deal with loss. Workshop is offered each spring and fall. Call the church office for more information.

• Brooke’s Place for Grieving Young People
  o 50 E 91st St, Ste 103, Indianapolis, IN 46240
  o 317-705-9650
  o Brooke’s Place provides two essential programs to support children and families through their grief journey. These caring programs provide a safe place to grieve and to help heal.
  o Peer support groups: children grieving over the death of a loved one share their experiences with peers who can help them cope with their sadness. Support groups are offered twice per month, at no charge to families, with trained staff and volunteer facilitators who understand the grieving process.
  o Counseling program: people experiencing grief and loss can receive individual help from counselors. Counseling services are offered on a sliding scale. The Counseling Program is open to any issues regarding grief and loss. These issues may include but are not limited to: death, anticipatory grief, divorce, trauma, developmental changes, incarceration of a loved one, changes in lifestyle, and changes in the home.

• Caterpillar Kids (St. Francis Hospital and Health Center)
  o Christ United Methodist Church, 8540 US 31, Indianapolis, IN 46227
  o 317-882-1549
  o Offers an educational and supportive group that meets for six weekly sessions to learn about grief and share experiences with others. Parents’ group meets simultaneously. Topics addressed include the basics of grief (what does it mean to be alive/dead), feelings, memories, rituals, and saying goodbye (funerals, cremation, burial), coping and feeling better, and family celebration and letting go ritual.
  o Meets 6:00pm on Thursdays

• Columbus Regional Health
  o Beginning Again: a bereavement support group to help adults cope with the loss of a loved one.
    • Open group, no registration necessary
    • Meets every Tuesday 2-3:30pm and 5:30-7pm
    • Hospice Center, 2626 E 17th St, Columbus, IN
  o Bereavement Support Group – Wings for the Journey: helps grieving parents and family members cope with the loss of a child
    • Open group, no registration necessary
    • Meets the 3rd Tuesday of each month from 7-8:30pm
    • Hospice Center, 2626 E 17th St, Columbus, IN
  o For more information on each group call 812-314-8042

• Community Health Grief and Bereavement Services
  o Widow and widower support group: a safe place to come and be with others who understand what it is like to lose a spouse or a significant other.
    • No registration needed
    • 8501 E 56th St, Community Health Pavilion, Ft. Ben, Indianapolis, IN
    • Tuesdays 1:00pm-3:00pm
  o Six-week grief support groups: In Touch Bereavement offers a general grief and loss support group several times during the year at various locations in central Indiana.
    • Groups are free and limited to 12 participants
    • To register call 800-777-7775 or email InTouch@eCommunity.com
**Monthly Support Groups: Lunch Bunch**
- Monthly lunch gatherings are facilitated by a bereavement expert, but are designed for informal sharing among those traveling through the grief journey together. Meetings will be held in the conference rooms at the restaurants below. Meals will be available for purchase. All are welcome and no reservations are needed. Call 317-621-4646 for more information.
  - MCL (5520 Castleton Corner Lane, Indianapolis, IN) on the 2nd Wednesday of each month, 11:30am-1:00pm
  - MCL (6010 E 10th St, Indianapolis, IN) on the 3rd Wednesday of each month, 11:30 am – 1:00 pm

**Youth Grief and Education Support Services**: services focused on supporting youth in telling their stories, expressing feelings, using coping skills, and addressing unfinished business.
- Services are free of charge and open to the public
- School based grief education programs are available
- For more information or to make a referral for youth bereavement services, call 317-621-4646

**Compassionate Friends**
- **Columbia City**: 1st Thursday of every month 6:30-8:00pm
  - Meeting address: Demoney-Grimes Countryside Park Funeral Home, 600 Country Side Dr, Columbia City, IN 46725
  - Contact Sharon at 260-248-4479
- **Crown Point**: 3rd Tuesday of each month, 7:00pm
  - Meeting address: First Presbyterian Church 218 S Court St, Crown Point, IN 46307
  - 219-663-2255
- **Ft. Wayne**: 1st Tuesday of each month 7:00pm-9:00pm
  - Meeting address: First Presbyterian Church, 300 W Wayne St, Ft. Wayne, IN 46802
  - Contact Keith & Michelle at 260-627-3451 for more information
- **Goshen**: 2nd Tuesday of every month 6:30pm
  - Meeting address: Rieh-Rohrer-Ehret Funeral Home (Social Room), 311 Main St, Goshen, IN 46526
  - Call Sherrie at 574-875-0111 for more information
- **Lafayette**: 3rd Thursday of every month at 7:00pm
  - Meeting address: St. Elizabeth Central in the Bill Long Center, 1415 Salem St, Lafayette, IN 47904
  - Contact Ron & Janice at 765-447-7370 for more information
- **Madison**: 3rd Thursday of every month at 7:00pm
  - Meeting address: North Madison Christian Church, 1400 E SR 62, Madison, IN 47250
  - Call Michelle at 812-599-3586 for further information
- **Scottsburg**: 2nd Thursday of every other month at 7:00pm
  - Meeting address: Vienn Baptist Church, 11 W Leota Rd, Scottsburg, IN 47170
  - Contact Danise at 812-820-8331 for more information
- **South Bend**: 2nd Thursday of each month at 7:00pm
  - Meeting address: Oaklawn East Bank Meeting Rooms, 437 N Niles St, South Bend, IN 46617
- **Terre Haute**: 4th Thursday of the month at 6:30pm
  - Meeting address: Westminster Village (Media Room), 1120 David Dr, Terre Haute, IN 47802
  - Call Pamela at 812-878-1944 for more information
- **Valparaiso**: 1st Thursday of each month 7:00pm
  - Meeting address: Our Lady of Sorrows Church, 356 W 700 N, Valparaiso, IN 46835
  - 219-759-2400
- **Washington**: 2nd Sunday of each month at 3:00pm
  - Meeting address: Davies Community Hospital, 1314 Walnut St, Washington, IN 47501
  - Call the chapter phone line for more information 812-582-3920

**Deaconess Hospital (Evansville)**
- Support groups are free of charge through Deaconess VNA
- For more information on any of the groups contact Deaconess VNA Plus at 812-425-3561 and ask to speak to a Spiritual Care Coordinator
  - **Bereavement Support Group**: Open to men and women to share thoughts and feelings regarding their loss in a supportive and understanding atmosphere.
    - 4th Tuesday of each month 5:30pm-7:00pm
    - 200 SE Martin Luther King Jr Blvd, Second level large group meeting room- Central Library
  - **Men’s Bereavement Group**: Open to men who have lost a loved one and want to discuss issues of grief in a casual and supportive environment.
    - 2nd Monday of each month 9:00am-10:30am
      - 610 E Walnut St – Room 204 Deaconess VNA Plus
• **Lunch Bunch**: An informal opportunity to get out and socialize with others who understand the pain of losing a loved one. (Meal at your own cost)
  - 1st Friday of each month 1:00pm
  - Restaurants vary to accommodate different parts of Evansville

• **Death of a Child Support Group (by Compassionate Friends)**
  - Two locations in Indianapolis offer support groups for parents, grandparents, and siblings of children who have died. Provides support during crisis and later adjustment period.
  - Visit [www.tcfcentralindiana.org](http://www.tcfcentralindiana.org) for more information
  - 1st Tuesday of every month at First Baptist Church, 99 W Main St, Greenwood, IN 46142
  - 3rd Thursday of every month at Faith Apostolic Church 1212 E 116th St, Carmel, IN 46032

• **Good Grief**
  - A free group offering support for those suffering from the loss of a loved one.
  - Mondays 5:00pm-6:30pm in the 2nd floor Pastoral Care Conference Room
  - St. Catherine Hospital, Pastoral Care Dept, 4321 Fir St, East Chicago, IN
  - To register call 219-836-3477

• **Hancock Regional Hospital - Grief Support Group**
  - Free group for those experiencing grief as a result of losing a loved one. The group is designed as a drop-in group so that participants can be free to come whenever they need support.
  - Call Chaplain Katherine at 317-468-4124 for more information and search by zip code
  - Group meets Fridays 10:00am-11:00am in the Hospice unit conference room on the 2nd floor of the hospital.

• **Hendricks Regional Health - Bereavement and Cancer Support Groups**
  - **Emerging- Bereavement Support Group**: especially tailored to those ready to express grief in a comforting environment.
    - Call 317-718-4360 for dates and times
  - **Comfort Zone (Suicide Support)- Bereavement Support Group**: Intended for those who have experienced the loss of a loved one due to suicide. The goal is to help members face the emotions that come with suicide.
    - Call 317-718-4360 for more information on dates and times
  - **Common Ground (Perinatal/Infant Loss)**: provides support for families that have experienced loss during pregnancy or in the first weeks following childbirth.
    - Call 317-718-4360 for dates and times
  - **Maintaining- Bereavement Support Group**: this group is to help provide ongoing support for those who are experiencing grief.
    - Call 317-718-4360 for more information on dates and times

• **Indiana Hospice and Palliative Care Organization**
  - Provides a list of various bereavement support groups around the state of Indiana.
  - Visit their website for the complete list and descriptions
    - [www.ihpco.org/consumer/bereavement-support](http://www.ihpco.org/consumer/bereavement-support)

• **IU Ball Memorial Hospital Support Groups**
  - **The Road to Healing**: a six-week discussion group offered twice a year for those who have experienced loss through death. Focus is on sharing feelings, discussing grief issues, and providing education regarding grief and loss.
    - Call IU Ball Memorial Hospice for more information at 765-747-7284
  - **Growing through Grief**: The groups meetings are for 6 weeks twice a year and held at the High Street United Methodist Church. The group is for any adult experiencing grief.
    - For information for dates and times call Deborah Musiak at 765-747-8500
  - **Widowed Persons Services**: Widows and widowers meet every Friday at 8:00am at Richards Restaurant.
    - 2701 N Broadway Ave, Muncie, IN

• **Moving from Grief to Hope and Healing – LaPorte Hospital**
  - A group for those who have experienced recent loss or those who are unable to work through their grief. The support group focuses on the grieving process and offers the support of others undergoing a similar experience.
  - The group is free and registration is required.
  - Contact the chaplaincy department to register
    - 800-854-6008
- **St. Luke’s Bereavement Support Groups (Indianapolis area)**
  - All of their groups are ongoing and new participants are welcome at any time
  - **Dad’s Grief Group for Young Adult Loss:** meets at two locations with different days
    - Contact Dr. Adolf Hansen at 846-3404 x450
    - LePeep Restaurant located at 8225 Craig St in the Castleton area on Tuesday mornings
    - Bob Evans located on SR 135 and Main St in Greenwood on Thursday mornings
  - **Men Only Grief and Fellowship Group:** a group for men whose spouses have died in the past 1-3 years.
    - Meets every Thursday from 1pm-2pm in Luke’s lodge.
    - No registration required
  - **Spousal Loss Discussion Group:** all are welcome to discuss the recent loss of a spouse
    - Meets every Sunday from 2pm-4pm in the parlor
  - **HOPE (Infant and Prenatal Loss):** for pregnancy loss or the loss of a baby
    - Meets the 2nd Tuesday of each month at 7pm in the Spiritual Life Center
    - Contact Rev. Marsha Hutchinson at marsha2944@gmail.com or Jim & Marci Harenberg at 705-0771
  - **HUGS Group:** for fellowship and support following the loss of a husband, wife, or significant other.
    - Those experiencing recent loss or a past loss are welcome.
    - Meets 2pm-4pm on Sundays in the Parlor
    - Contact Marsha Hutchison at marsha2944@gmail.com

- **St. Vincent – Bereavement Support Groups (Indianapolis area)**
  - The Road to Healing: a six-week support group for those who have experienced a loss through death.
  - A Daughter’s Grief: a six-week support group for women who have experienced the loss of their mothers through death.
  - **Safe Haven:** a group for parents who have experienced the death of a child.
  - **Widow/widower Group:** for men and women who have lost a spouse
  - **Grief 101:** this group provides support for anyone who is grieving the loss of a loved one
  - **Grief Through the Lens of Love:** a six-week photography and gallery night program
  - **The Empty Chair:** a grief support workshop for the holidays
  - **I Am the Legacy:** seminars for the loss of a parent
  - **Mind-Body-Spirit Workshop:** a summer workshop to enhance understanding of physical health, spiritual practice, and mindfulness
    - For more information on each of the groups contact 317-338-4040 or 888-780-7284

- **Widow and Widower Support Group: Valparaiso**
  - Regular meetings are held at 11:30am on the first Friday of the month
    - 402 Indiana Ave, Valparaiso, IN
    - Contact Becky Corneil at 219-462-6267

Please contact our Aftercare Support Team at **317-685-0389 or 888.275.4676** if you would like to receive additional grief support in your area or if these resources do not meet your needs. You may also email our team at **aftercare@indonornetwork.org**.