

Saint Louis Area Bereavement Support Groups

Updated 7/2022

Support Groups By Location:

| | |
|-------------------------------|-----|
| Central St. Louis..... | 3 |
| North St. Louis | 3-4 |
| South St. Louis..... | 4 |
| Franklin County..... | 4 |
| Jefferson County..... | 5 |
| St. Charles County..... | 6-7 |
| Warren County..... | 7 |
| St. Francois.... | 7 |
| Lincoln and Pike Counties.... | 7 |

Completely Virtual Opportunities Open to All Counties.....8**Support Groups by Type:**

| | |
|------------------------------|----|
| Parent Support Groups..... | 9 |
| Children Support Groups..... | 10 |
| LGBT Support Groups..... | 10 |

| Central St. Louis | | | |
|-----------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Mercy Grief Support Group Pre-Registration is required | Mercy Hospice St. Louis 1630 Des Peres Road, Des Peres, MO 63131, Suite 305. | Open group - 2nd and 4th Mondays of every month from 10-11:30 am | Ann Froneck O'Connell 314-729-4417 Ann.fronekoconnell@mercy.net Or Holly Garlitz, MSW, LCSW 314-729-4419 holly.garlitz@mercy.net |
| Coping with Loss Grief Support Group | Pathways Hospice & Palliative Care 14805 N. Outer 40 Rd. Chesterfield, MO 63017 | Closed Groups, meets 2nd and 4th Tuesday of the month, 2:00-3:30pm | Daryn Holdsworth (Bereavement Coordinator) and Linda Jurgin-Pereda (Group Facilitator) (636) 733-7399 |
| Bethesda Hospice Care | 1630 Des Peres Rd. Suite 200 St. Louis, MO 63304 | 6- and 8-Week Grief Support Groups are offered In Person and Virtually every 3-4 months. Please call for most current group information. | Leslie Schaeffer (314) 373-7025 |

| North St. Louis | | | |
|-----------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Grief and Loss (DePaul) | Maryland Heights Community Center 2300 McKelvey Road Maryland Heights, MO 63043 | 3rd Tuesday 11:30-1:00 pm | Nancy Whitener 314-738-2552 |
| Crossroads Hospice Support Groups | 15450 South outer 40 drive Suite 100, Chesterfield 63017 | Grief Recovery Method closed 8-week group. Call for start dates. Thursdays 10:00am-12:00pm. Masks and temperature checks required. | Joan Hapka-Tracy 636-735-2038 joan.hapka-tracy@crossroadshospice.com |

North St. Louis Cont.

| Group Name | Location | Meeting Day/Time | Contact |
|-----------------------------------------|----------------------------------------------------------------|---------------------------------------|--------------------------------------------------------|
| Hugs and Healing Grief Support Group | Christian Hospital 11133 Dunn Road Saint Louis MO, 63136 | 3rd Tuesday of the month 6:00 p.m. | Johnnie Coleman (314) 740-3602 jscoleman@att.net |

South St. Louis

| Group Name | Location | Meeting Day/Time | Contact |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------|
| Mercy South Grief Support Group for Newly Bereaved | Greeff Hospice House on Mercy Hospital South Campus 10024 Kennerly Rd, St. Louis, MO 63128 | 1st and 3rd Tuesday 10:00 -11:30 am | Lisa Snyder 314-543-6862 Lisa.Snyder@Mercy.net. |
| Mercy South Open Grief Support Group | Greeff Hospice House on Mercy Hospital South Campus 10024 Kennerly Rd, St. Louis, MO 63128 | 2nd and 4th Wednesday of the month | Christine Nolan 314-543-6895 Christine.Nolan@Mercy.net |
| Mercy South Open Grief Support Group | Greeff Hospice House on Mercy Hospital South Campus 10024 Kennerly Rd, St. Louis, MO 63128 | 1st and 3rd Thursday of the month | Megan Favorite 314-525-7314 Megan.Favorite@Mercy.net |

Franklin County

| Group Name | Location | Meeting Day/Time | Contact |
|---------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Heartland Hospice | Franklin county locations vary – call for information | 4 and 6 week programs offered quarterly Currently virtual | Washington Hospice office: (636) 390-4723 St. Louis office: (314) 453-0990 |
| Mercy Grief Support Group | Mercy Hospice Office 1351 S. Jefferson St., Ste. 206 Washington, MO 63090 | Morning group held once per quarter. Please contact for information. | Jill Baechle 636-239-8849 Jill.baechle@mercy.net |

| Jefferson County | | | |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Chapel Hill Mortuary's Widowed Support Group "Lunch Bunch" | Peggs Restaurant on the Blvd 1001 Crossroads Plaza High Ridge, MO 63049 | 2nd Wed 11:00 a.m. Please call before attending. | Dianne Lowerre (636) 274-4100 |
| Chapel Hill Mortuary's Bereaved Parents | Northwest R-1 Central Office Boardroom 4290 Gravois Rd House Springs MO, 63051 | Bereaved Parents Group 1st Tuesday 6:00pm Widows Groups 3rd Tuesday 6:00pm | Dianne Lowerre (636) 274-4100 |
| Support Group for all Faiths | Immaculate Conception Parish Center 2300 Church Rd. Arnold, MO 63010 | Open Group 3rd Monday (unless a holiday) 7:00 - 8:30pm | Mary Taylor (314) 610-1296 Barb O'Neil (636) 282-9643 |
| Mercy Hospital Jefferson Grief Support Groups | Mercy Hospital Jefferson Hospice Department 151 Industrial Drive Festus, MO 63028 | 1 st Monday: Children's Grief Support Group – 6:30-8 PM 2 nd Monday: Morning Adults' Grief Support Group – 10-11 AM 3 rd Monday: Evening Adults' Grief Support Group – 6:30-8 PM 4 th Monday: Grief-Based Bible Study – 6:30-8 PM | Destiny Brooks (636) 933-5779 Destiny.Brooks@Mercy.Net |

| St. Charles County | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| Group Name | Location | Meeting/Time | Contact |
| St. Joseph Catholic Church Seasons of Hope Community Grief Support Group | St. Joseph Catholic Church 1355 Motherhead St. Charles, MO 63304 | 6 week seminars, 6-8sessions Saturdays 10 a.m. – 12 p.m Call for start dates. Note: Scripture based program | Kathy Merrell 636-441-0569 |
| C.A.L.L. (Caring and Living Life) | St. John United Church of Christ 405 South 5th St. St. Charles, MO 63301 | Widows and widowers social group. Call for details. | Carolyn Neal 6369250190 |
| Chapel of the Cross Lutheran Church – Grief Comfort Group | 907 Jungermann Road St. Peters, MO 63376 | 2nd Thursday 1:00 pm | Bev Cossey 636-928-5885 |
| Grief Support Group | St. Joachim and Ann Catholic Church 4112 McClay Rd. St. Charles, MO 63304 | Spring and Fall Groups 6 Week Closed Groups | Jim or Jeanne Potts 636-939-3428 |
| Bereaved Parents of the USA Self Help Organization offering friendship and understanding to bereaved parents, families and friends experiencing the death of a child. | Knights of Columbus Hall 5701 Highway N Cottleville, MO 63304 | 1st Thursday of the month, 7:00 pm | Mike & Jeanne Francisco 636-947-9403 |
| Grief Support Group Greiving with Great Hope program (video and sharing) | St Patrick's Catholic Church Rectory Basement 405 South Church St. Wentzville, MO 63385 | 5 week program offered twice a year (usually begins October and April), meets Thursday evenings | Sally Owens 636-236-2573 636-332-9225 (Church) |

| St. Charles County Cont. | | | |
|---------------------------------|------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------|
| Group Name | Location | Meeting/Time | Contact |
| The Center of Hope and Healing | 608 Jefferson Street, St. Charles, MO 63301 | Ongoing in-person group every Friday at 10:00-11:00am Zoom Group available, call for details | Barbara Mobauer 636-856-3646 |

| Warren County | | | |
|----------------------|----------------------------------------------------------|-----------------------------|---------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Grief Education | Martin Funeral Homes 510 E. main St. Warrenton, MO | 1st Thursday 6:00-7:30pm | Fran M. Spous (636) 456-3316 |

| St. Francois County | | | |
|--------------------------------|--------------------------|-----------------------------|--------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| New Beginnings: Grief and Loss | Belgrade Bank in Desloge | Wednesdays 10:00-11:30am | Kathy Grogan (573) 760-3609 |

| Lincoln and Pike County | | | |
|-----------------------------------------------------------------------|-------------------------------------|----------------------------|-------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| McCoy and Blossom Funeral Home @ the McCoy and Blossom Banquet Center | 1304 Boone Street Troy, MO 63379 | 2nd Monday 6:30-8:00 pm | Alicia Trejo Bautista 636-528-8244 Mccoyblossomfh.com |

| Completely Virtual Opportunities Open to All Counties | | | |
|-------------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Heartland Hospice Grief Support Group and Grieving Spouse Support | Completely Virtual | 6 Week Sessions Call for Details | Mary Thompson 636-327-4018 |
| VITAS Healthcare | Completely Virtual: either Zoom or Phone-in | Over 40 different support groups available | https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups |
| BJC Hospice General Grief Groups | Zoom | 6-Week Closed Groups on Tuesdays (1) January 25-March 1, 11:00-12:30pm (2) March 22-April 26, 6:30-8:00pm (3) August 16-September 20, 3:00-4:30pm | 314-953-1676 griefsupport@BJC.org |
| BJC Hospice Virtual Grief Events | Zoom | Virtual events covering a variety of topics. Multiple events throughout the year. Contact for time/date details. | 314-953-1676 griefsupport@BJC.org |
| Visiting Nurses Association | Zoom Support Groups | 1st and 3rd Tuesday of month at 3:00 pm | Jamesetta Roach 314-918-7171 jroach@vnastl.org |

| Parent Support Groups | | | |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| BJC Hospice: Weavings Retreat (mothers who have lost a child) | Pallottine Renewal Center 15270 Old Halls Ferry Rd. Florissant, MO 63034 | April 1-3, 2022 or October 14-16, 2022 | 314-953-1676 griefsupport@BJC.org |
| Bereaved Parents of the USA (parents who have lost a child of any age) | Many locations and times in the area, see website for more details | Many locations and times in the area, see website for more details | Hotline (314) 878-0890 www.Bpusastl.org |
| Butterfly Kisses of Share at DePaul Hospital | May Center meeting room B DePaul Hospital, 12303 DePaul Drive, Bridgeton, MO | 2nd Tuesday of every month at 7:00pm | Theresa Vaughn 314-344-6851 theresa.vaughn@ssmhealth.com Please call prior to attending. |
| Infant Loss Resources Support for parents and grandparents | 1120 S. 6th St., Suite 100 St. Louis, MO 63104 | Call for details | Liz Johnson 314-241-7437 |

| Grief Support Groups for Children | | | |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Group Name | Location | Meeting Day/Time | Contact |
| Annie's Hope | 1333 W. Lockwood Ste. 104 Glendale, MO 63122 | Multiple Services for children ages 3-18 - Call for details- Must complete app | (314) 965-5015 www.annieshope.org |
| Continuing Care and Support Programs | Baue Funeral Home 620 Jefferson St. Charles, MO 63301 | 6 week support groups – Call for information OR – see website for schedule | Kristin Ernst (636) 328-0878 https://www.baue.com/grief-classes/ |
| Stepping Stones Grief Camp for kids/teens BJC Hospice | Camp Wyman in Eureka, MO | August 12-14, 2022 | 314-953-1676 OR griefsupport@bjc.org |
| Carter's Clubhouse (ages 4-18) | Serenity Hospice Care 5272 Flat River Rd. Park Hills, MO 63601 | 1st Monday of the Month 6:30-8:00 PM | 573-701-2504 https://www.serenityhc.org/carters-clubhouse/ |
| Mercy Hospital Jefferson Children's Grief Support Group | Mercy Hospital Jefferson Hospice Department 151 Industrial Drive Festus, MO 63028 | 1 st Monday of the Month 6:30-8:00 PM | Destiny Brooks (636) 933-5779 Destiny.Brooks@Mercy.Net |

| LGBT Support Groups | | | |
|----------------------------------|-------------------------------------------------------|---------------------------------------------------------|----------------|
| Group Name | Location | Meeting Day/Time | Contact |
| SAGE LGBT Care and Support Group | The Willows at Brooking Park 211 S. Woods Mill Rd. | 3rd Saturday of each month, 10:30am – RSVP for group | 314-862-4900 |