

Saint Louis Area Bereavement Support Groups

Updated 12/2024

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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