



BEREAVEMENT RESOURCES - BOULDER COUNTY

GRIEF SUPPORT AFTER A SUDDEN DEATH

Survivors of Sudden Loss - Boulder

Drop-in, 1st and 3rd Thursdays of the month, 6:30pm-8:30pm, held on Baseline in Boulder. Offered as a community service for no charge by Halcyon Hospice. Contact 720-325-2987 or griefsupport@myhalcyon.org.

Group is appropriate for people who have lost loved ones due to any type of sudden loss, including accident, heart attack, suicide, etc.

Longmont Suicide Survivors Support Group - Longmont

Drop-in, 1st and 3rd Wednesday of the month. Exclusively for loved ones of people who have suicided. Peer facilitated by Tom and Betsy Owens who lost their son to suicide. Meets at the Longmont Senior Center, donations for room rental accepted but not required. For more information, contact Tom (970-978-0376) or Betsy (970-978-6802).

GRIEF SUPPORT GROUPS - DROP-IN (Meets Regularly - Come Anytime)

Daytime Grief Support Group - Broomfield

Drop-in, 1st and 3rd Wednesdays of the month, 10:30am - 12:00pm.

Please call the facilitator, Lisa Apel (303-717-1635) for more information. Offered as a community service by Halcyon Hospice and Broomfield Senior Center.

Group appropriate for people who have experienced a death loss of any kind.

Grief Support Group - Lafayette

Drop-in group held on the 4th Tuesday of the month, 6:00pm - 8:00pm.

Offered free of charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information.

Group is appropriate for anyone who has experienced a death loss of any kind.

Spouse/Partner Loss Grief Support Group - Lafayette

Drop-in group for anyone who has experienced the death of a spouse or partner.

Offered as a community service for no charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information.

“Walking Through Grief” - Boulder

Drop-in walking group for people who are grieving the death of a loved one and want to meet and walk together. Group meets Tuesday mornings. For more information or to register, call Julie Thomas (720-325-2987). Offered at no charge as a community service by Halcyon Hospice.

Hiking Group For Bereaved People - Boulder

Drop-in hiking group for people who have are grieving the death of a loved one and want to hike together. Meets May through October, Wednesdays from 5:30 - 7:30pm weather permitting. Offered free of charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information.

BEREAVED PARENTS AND BEREAVED CHILDREN GROUPS

Bereaved Parents Support Group - Lafayette

Drop-in meeting on 3rd Wednesday of the month, 6:30 - 8:30pm. Meeting is for bereaved parents only; parents receive support, sharing, and some education. Offered as a community service for no charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information.

Compassionate Friends-For Bereaved Parents - Boulder

Compassionate Friends is a nationwide program for bereaved parents, facilitated by an experienced peer. Drop-in meeting the first Tuesday of the month. Please call Debra Hansen for more information (303-652-3274).

Healing Circles Grief Support for Children and Teens – Lafayette

Several groups available depending on child's age and needs. Offered by TRU Community Care. Call Rita Morrisette at 303-604-5213 for more information.

STRUCTURED BEREAVEMENT GROUPS

Education and support in a structured format. Group lasts for a specified amount of time and is closed to new people after the first meeting.

Bereaved Parents Support Group - Structured

See above.

Eight-week Bereavement Support Group - Broomfield

Structured group for all kinds of loss by death. Please call Julie Thomas for information and/or registration at 720-325-2987. Group is held several times a year at the Broomfield Community Center.

Four-Week Newly Bereaved Support Program - Lafayette

Support and information for persons who have suffered a recent death loss. The group is recommended for people who are between 1 - 4 months out from the loss. Group runs four consecutive weeks. Offered as a community service for no charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information and registration.

Eight-Week Bereavement Support Program - Lafayette

Support for anyone who has experienced a recent loss by death. Recommended for people who are at least 6 months out from the loss. Day and evening groups are held throughout the year and are typically held four times per year. Offered as a community service for no charge by TRU Community Care (formerly Boulder/Broomfield Hospice). Please call Reta Morrisette at 303-604-5213 for more information and registration.

Eight-Week Bereavement Support Group - Longmont Senior Center

Structured eight week group meets twice a year for grief support from death. Group meets at the Longmont Senior Center (participants tend to be older). For more information, please call Brandy Queen (303-651-8414).

OTHER RESOURCES

Grief Support Network - Boulder

A nonprofit created by Wendy Stern Black after the death of her son. GSN offers “Awakening Through Grief: Yoga Therapy Program,” and other resources. There is usually a small fee included. For more information, go to: www.griefsupportnet.org, or 720-295-4760.

“GSN is here to ‘wrap a loving community’s arms’ around you or someone you know who is grieving. Through GSN, you will find a variety of programs, tools, and resources to support you and access to a community that cares.”

Heartlight Center - Metro Denver

Heartlight Center is an extraordinary center for people grieving the loss of someone from all kinds of causes. They offer many grief groups throughout the metro Denver area. Their website includes other resources in the Denver area. Contact them at: www.heartlightcenter.org, 720-748-9908, or info@heartlight.org.

GRASP (Grief Recovery After a Substance Passing)

GRASP provides sources of help, compassion and most of all, understanding for families who have had a loved one die through drug use. The founders lost a son to an overdose and have a deep desire to ease the pain in any way for those left to cope with a similar tragic death due to the illness and substance use disorder/addiction or misuse of substances. Contact Keith Burkholder with the Front Range GRASP group at 970-461-4857 or kburk58665@yahoo.com. Visit www.grasphelp.org.