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www.lifealaska.org

Bereavement Support Services

Life Alaska provides bereavement support and referral services. Call to learn more: 907-562-5433, or toll free 1-800-719-5433.

The following groups offer support to persons who have experienced the death of a loved one. These are low or no cost services, and many are organized by volunteers who have had similar experiences. Life Alaska provides this resource list based on our most current information.

Please contact the resources you are interested in to confirm dates, times, locations, etc.

Anchorage & Eagle River

Grief Share Recovery Ministry

Pastor Tony Smith—333-6535

A program for people adjusting to the death of a family member, meets Thursdays at 7:00 p.m. at Anchorage Baptist Temple, 6401 Northern Lights Blvd.

Lost and Found Grief Group

Fred Kehl—345-2525

Forest Lawn—344-1497

Support group for anyone who has experienced the death of a loved one. Meetings are held every Wednesday at 7:30 p.m. in the 4th floor (State Farm Conference Room) at Wells Fargo Bank at Northern Lights/C Street. Mr. Kehl is a Certified Associate of Death Education & Counseling. He is available for individual counseling (free) and lectures and seminars.

Anchorage Survivors of Suicide

Bert McQueen—272-3100

Help for persons whose loved one has completed suicide – for mature teens and adults. Meetings are 7:00 to 9:00 p.m. on the first and third Tuesdays of each month at 1805 Academy Drive (off Brayton Drive between O'Malley and Abbott) in the first floor conference room.

Widowed Persons Service

258-7823 or 566-0580

Debby, group leader – 622-2332

Volunteer service of widowed persons helping other widowed persons of all ages. Meets at 1:30 p.m. on the first and third Sundays, Anchorage Senior Center, 1300 E 19th Avenue.

AARP—Grief & Loss Program

Lisa Fleischer, Hospice of Anchorage—561-5322

lisa@hospiceofanchorage.org

Matches volunteers with adults experiencing grief, one-to-one and telephone contact. 500 W. International Airport Road, Suite C, Anchorage, AK 99518. Call for more information.

Anchorage & Eagle River (cont)

Cyrene Group

Joan Stoneking —333-7826

Christian support for widowed persons, with a social and activities focus. Meets once a month. Call for dates and times.

Grief Share

Ongoing 13 week video/discussion group that you can join at any time. Open to any denomination; has a Christian/religious focus. Other church groups may offer this course, check with our faith community for availability and times.

Tony Smith—333-6535

Anchorage Baptist Temple, 6401 E Northern Lights, Room 207, Anchorage, AK 99501. Meets Thursdays at 7:00 p.m.

Group for Bereaved Adults

Lisa Fleischer, Hospice of Anchorage—561-5322

lisa@hospiceofanchorage.org

500 W International Airport Road, Suite C, Anchorage, AK 99518. Adult Support Group, Meets second and fourth Tuesdays, 7:00 to 9:00 p.m. at Hospice of Anchorage office.

Support at the time of life threatening illness and with loss and grief. Lending library, literature, videotapes & information are available. Periodic meetings, workshops and groups about death/dying and grief/loss. Call for more information.

The Compassionate Friends

Barbara Stephl, Chapter Leader—248-1063

Group Voice Mail—273-5409

stephl@alaska.net

For families who have lost a child of any age through death. Meets 1st and 3rd Wednesday 6:30 to 8:00 p.m. at Providence Alaska Medical Center in the Pediatric Subspecialty Clinic conference room, 3rd floor, Bldg D.

Southcentral Counseling Center

Martha Hutchinson—563-1000

24 hour Crisis Intervention—563-3200

4020 Folker Street, Anchorage, AK 99508. Support for adults in two areas: educational component to provide information about the grieving process and ongoing therapy group. Call for more information.

Homicide Grief Support Group

in Anchorage Susan Sullivan—278-0977

outside Anchorage—1-888-835-1213

1057 W Fireweed, Suite 101, Anchorage, AK 99503. Meets 1st Thursday at 7:00 p.m. Ongoing support for survivors of violent crimes or for persons who have experienced the death of a loved one through violence or homicide. Support offered through peers & volunteers. Sponsored by Victims for Justice.

Anchorage & Eagle River (cont)

TAPS – Tragedy Assistance Program for Survivors

24 hour number—1-800-959-TAPS

A program providing education, information, and emotional support for all those affected by loss in the Armed Forces.

Anchorage Center For Families

276-4994

Counseling available for children, adults, and families. Accepts Medicaid and has a sliding fee scale.

University of Alaska, Anchorage Psychological Services Center

Carolyn Mills—786-1795

Sliding fee scale for individual, family, child, and couples counseling. Open 8:00 to 5:00 p.m. Monday through Friday.

Eagle River Bereavement Support Group

Bob & Cathie Dawson—696-7831

For adults and siblings who are grieving the death of a loved one. The group meets at St. Andrews Catholic Church in Eagle River.

Forget Me Not Grief Program

Lisa Fleischer, Hospice of Anchorage—561-5322

fmn@hospiceofanchorage.org

For children, teens and the adults who love them. The group provides loving support in a safe place to play, share, learn and grow. Meets evenings, 2x/month at Polaris School, Anchorage. Please call for information and schedule.

Grief Support Group for Youth

Chaplain Burt McQueen—272-3100

Available for one-on-one counseling or groups as needed. Open support group meeting for teens from 12 to 18 years of age who have experienced the death of someone close. Sponsored by Alaska State Police Chaplain's Office. Call for information.

Mat-Su

Hospice of Mat-Su

Hospice of Mat-Su—352-4800

Pat Karello—745-4540

Ongoing grief support for anyone who has experienced the death of a loved one, including loss from suicide. The group meets 7:00 to 8:30 p.m. on Thursdays at Trinity Barn Plaza Community Room, Mile 2.2 Palmer-Wasilla Highway.

Mat-Su Suicide Survivors Group

376-4983 or 373-5097

Help for persons whose loved one has completed suicide – for mature teens and adults. Meetings from 6:30 to 8:00 p.m. on the 1st and 3rd Tuesdays of each month at Burchell High School, 1775 W. Parks Highway (across from SBS).

Mat-Su (cont)

Parents Reaching Out

Lisa—274-7029 or 273-5409 (Voice Mail)
Evenings—274-7029
Diane Beauvais, Valley Support Group—373-2526
parentsreachingout.net

Assisting grieving parents and significant others through miscarriage or death of an infant. Meets 1st and 3rd Thursday of each month at Zion Lutheran Church, 2100 Boniface Parkway, from 7:00 to 9:00 p.m.
Mat-Su (cont)

Parents' Grief Support Group

Carl and Joyce Lund—352-4800
Kathy Franzenburg—745-0726

A support group for parents who have experienced the death of a child. The group meets at the Trinity Barn Plaza Community Room, Mile 2.2 Palmer-Wasilla Hwy.

Compassionate Connection Mat-Su

Hospice of Mat-Su—352-4800
Pat Karello—745-4540

Matches volunteers with people experiencing grief, one-on-one and telephone contact. Call for more information.

Center For Loss In Multiple Births (CLIMB, Inc.)

Lisa—274-7029
Becky—274-0010
Palmer: Jean—746-6123

By and for parents who have experienced the death of one or more multiples during pregnancy, at birth, in infancy, or in childhood, and for professionals and others with an interest in multiple birth loss. Bereavement support literature and contact with other multiple loss parents available.

Suicide Survivors in the Valley

Jeanine Sparks—694-6566

Support group for anyone 16 years and older that has had a close personal relationship with someone that committed suicide. Call for meeting place and times.

Fairbanks

Hospice of the Tanana Valley

Tina Kocsis, Director
Sally Fenno, Bereavement Coordinator – 474-0311

Offers grief support groups and individual counseling for people who have experienced a loss through death. Also offers an Emergency Grief and Bereavement Response Team of volunteers who are available to respond on an emergency basis for short-term support. Offers a public lending library on topics in death and dying and grief. Located at 706 Third Avenue

Fairbanks (cont)

Fairbanks Crisis Line **452-4357 (HELP) or 1-800-898-5463**
Crisis intervention and suicide prevention, mobile outreach, survivors support, and support group. Information and referral services.

Hope Counseling **451-8207**

Provides Christian-based individual, group and family counseling. No sliding fee scale, but have a client assistance program for those without insurance.

Samaritan Counseling **452-4673**

Provides individual, group and family counseling. No sliding fee scale, but have a client assistance program for those without insurance.

Kenai Peninsula

Central Peninsula Counseling **283-7501**

Hospice of Central Peninsula **Sue Zursluh—262-0453**

44758 Sterling Highway, Unit B, Soldotna, AK. Support includes:

Transitions – Support group for widows

T. A. G. – Support group for Teenagers

Tender Hearts – based in elementary schools, a support group for children

Healing Hearts – support group for mothers who have experienced the death of a child

Hospice of Homer **235-6899**

One to one support and group sessions for adults.

Kenaitze Indian Tribe **283-3633**

Nakenu Family Center.

South Peninsula Mental Health Association (Homer) **235-7701**

Juneau

Juneau Hospice and Home Care **Sandy Harris, Social Worker—463-3113**

Bereavement groups open to any adult who has experienced a death. Drop-in bereavement support group each Thursday noon to 1:00 pm.

Juneau Community Mental Health Clinic **463-3303**

Ketchikan

Ketchikan Indian Corp

225-5158 or 800-252-5158

kictribe.org

2960 Tongass Avenue, substance abuse services.

Community Connections

225-7825

Gateway Center for Human Services

225-4135

city.ketchikan.ak.us

3050 Fifth Avenue, behavioral health (mental health, alcohol treatment).

Ketchikan General Hospital

225-5171

KIC Tribal Health Center

225-0320 or 800-252-5158

2960 Tongass Avenue. General assistance, health/dental clinic, housing authority

Online Resources

aarp.org/griefandloss – Collection of resources and a community of care sponsored by the AARP offering education and online sharing.

afsp.org – Information for suicide survivors.

adultsiblinggrief.com – Site dedicated to formation of a support community for those who have suffered the loss of an adult sibling. Good resource section, online tributes, and books.

compassionatefriends.org – Offers chat room with a daily schedule of moderated chat topics relating to general grief issues and grief following the death of a child.

griefnet.org – Grief support groups for kids and adults, life-threatening illness, and many other categories.

groww.com – Site by Rose Hawley, RN, Alaska Regional Hospital

sharegrief.com – Grief counseling by skilled professionals.

webhealing.com – Extensive links to other sites, with emphasis on men's grief. By Tom Golden, LCSW.

widownet.com – Information and self-help for those who have suffered the loss of a spouse or life partner.

Online Resources: Under 18

beyondindigo.com – For grieving children and teens.

ferside.org – How to help a grieving child.

pbskids.org/itsmylife/emotions/death/index.html – Info for and about grieving children.

rd4u.org.uk – Bereavement support for ages 12 to 18.

Grief Books and Resources

centerforloss.com – Written resources for purchase for and about grieving adults, children, and teens by Dr. Alan Wolfelt, leading expert in supporting grieving children.

centering.org – Extensive well annotated listing of grief books, CDs, and videos for purchase; for and about grieving children included.

compassionbooks.com – Extensive well annotated listing of grief books, CDs, and videos for purchase; for and about grieving children included.

griefwatch.com – As part of its mission to the bereaved, Grief Watch, and its companion program, Perinatal Loss, publish books, video and audio tapes, and resources in an effort to offer spiritual, emotional and other support to persons who have suffered loss, including children. Online newsletter, excellent links.

Referrals and Resources

Alaska Information Line

24 hour number 1-800-478-2221

Catholic Social Services Program

Offers information and referral services to connect people in need with agencies and services.