**Grief Resources (National & Local)[[1]](#endnote-1)**

**Twin Cities Compassionate Friends – November 2022**

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| **Organization** | **Website** | **Mission | About** | **Resources | Services** |
| The Compassionate Friends | National:<https://www.compassionatefriends.org>See also local chapters, including:<https://www.compassionatefriends.org/chapter/minneapolis-chapter>*(meets at St. Joseph Parish Community (corner of 36th Ave N & Boon Ave N)*[Child Loss Support | Minnesota | The Compassionate Friends Minneapolis (tcfmpls.org)](https://www.tcfmpls.org/) | The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. | * International support
* Links to local chapters
* Crisis hotline
* 24/7 private Facebook groups
* We Need Not Walk Alone Online Magazine
* Conferences | Events
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| Alliance of Hope | [Contact Us | Alliance of Hope for Suicide Loss Survivors](https://allianceofhope.org/contact-us/)<https://allianceofhope.org> | The Alliance of Hope for Suicide Loss Survivors is a 501c3 nonprofit that provides healing, compassionate support for people who have lost loved ones to suicide. | * 24/7 online forum
* Community groups
* Blog
* Support for children and teens
* Consultations
* Bookstore
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| Allina Health | [Grief resources | Allina Health](https://www.allinahealth.org/health-conditions-and-treatments/grief-resources)<https://www.allinahealth.org/health-conditions-and-treatments/grief-resources> | Allina Health Hospice offers grief support to hospice patients' families and friends for 13 months following the death. Grief support includes individual counseling by experienced grief counselors, referrals to groups and other mental health providers, book recommendations, and supportive and educational mailings.  We also offer support groups, which are open to anyone in the community, in addition to maintaining a list of all known community support groups. | * Grief resources
* Crisis hotlines (24/7)
* Support groups
* Recommended books, articles, podcasts and websites
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| Bereaved Parents of the USA | <https://www.bereavedparentsusa.org> | Helping grieving parents and families rebuild their lives after the death of a child. Vision: That every grieving parent and family receive the support they need for as long as they need it. | * Local chapters (not in MN)
* Online National Newsletter
* Annual conference
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| Brighter Days Grief Center | <https://brighterdaysgriefcenter.org> | To provide a private and compassionate space for individuals anticipating or enduring the death of a family member; to offer access to professional resources; and to instill hope by providing connection to others through peer-based events and attitudes. | * Grief counseling
* Youth Program
* Young Adult
* Support Groups
* Events
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| Children’s Minnesota | bereavement@childrensMN.org | Bereavement services at Children’s Minnesota offers families support, education, and opportunities to connect and interact with others experiencing similar losses. All of our services are free of charge and open to any family in the greater community – those seeking support do not need to have had Children’s Minnesota care to access grief resources. | * Bereavement support groups
* Grief education and events
* Tributes
* Memory bash in a box
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| Faith’s Lodge | [Home | Faith's Lodge (faithslodge.org)](https://faithslodge.org/)<https://faithslodge.org> | Faith’s Lodge supports bereaved parents and their families in a peaceful environment to reflect on the past, renew strength for the present and build hope for the future. | * Child loss retreats (grief counseling, therapeutic experiences, group activities)
* Blog
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| Family Means | <https://www.griefloss.org> | The Center for Grief & Loss offers specialized therapy for complicated grief, trauma and life transitions.  | * Individual, couple, and family therapy for all ages.
* Support groups
* Consultation and critical incident response to businesses, schools and organizations in the aftermath of a sudden death or traumatic experience.
* Clinical supervision, professional workshops and training.
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| Grief Coalitions | [Grief Coalitions - Brighter Days Family Grief Center (brighterdaysgriefcenter.org)](https://brighterdaysgriefcenter.org/resources/grief-coalitions/) | Grief Coalitions are hosted by several congregations in the area to provide grief support to their community. They are typically free and include a different speaker each week and small groups. | * Grief support groups through area churches, including non-denominational
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| Grief.com | [Grief.com - Help For Grief Because LOVE Never Dies](https://grief.com/)<https://grief.com> | Grief.com is dedicated to help everyone deal with the unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier. | * Podcast – “Healing with David Kessler”
* Online grief workshops
* Podcasts
* Grief groups
* Other grief resources (videos, grief journal, articles)
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| Grief Toolbox | [Home | The Grief Toolbox](https://thegrieftoolbox.com/)<https://thegrieftoolbox.com> | Grief resources and tools including information from authors, speakers and artists. An online outlet to share bereavement gifts, thoughts and memories. | * Support group
* Articles
* Artwork
* Videos
* Books
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| Grieving.com | [Grieving.com Support for All Loss & Grief Types](https://forums.grieving.com/)<https://forums.grieving.com> | Focus is to provide grief support via community interaction. | * Forums
* Gallery
* Grieving circles
* Journals
* Events
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| Helping Parents Heal | [Helping Parents Heal](https://www.helpingparentsheal.org/)<https://www.helpingparentsheal.org>Helping Siblings Heal<https://www.helpingparentsheal.org/affiliate-groups/helping-siblings-heal/> | Helping Parents Heal is a non-profit organization dedicated to assisting bereaved parents. Through support and resources offered, we aspire to help individuals become “Shining Light Parents”—meaning a shift from a state of emotional heaviness to one of hopefulness and greater peace of mind.  | * Articles
* Blogs
* Videos
* Facebook groups, including one focused on siblings
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| MISS Foundation | [Bereaved/Grieving Parents & Families - About the MISS Foundation](https://www.missfoundation.org/the-foundation/)<https://www.missfoundation.org> | The MISS Foundation, established in 1996 by Dr. Joanne Cacciatore, is an international 501(c)3, volunteer-based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child. Vision: Our vision is that no one has to walk alone in traumatic grief. This necessitates a compassionate community where grief and love, pain and beauty intersect. | * Counseling
* Guidance on medical and mental health providers
* Family support packets
* Mentorship
* Support groups
* Retreats
* Forums
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| Open to Hope | <https://www.opentohope.com> | Open to Hope is a non-profit with the mission of helping people find hope after loss. Vision: To provide an online forum to support people who have experienced loss: to help them cope with their pain, heal their grief and invest in their future. | * Articles
* Podcasts
* Open to Hope TV
* Books
* Partner list (additional resources)
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| Survivor Resources | [Grief Resources and Support, Loss Support, Homicide, Suicide, Overdose (survivorresources.org)](http://survivorresources.org/grief-resources/) | Survivor Resources is a non-profit organization that offers support groups, crisis response, grief support and other services for families of victims of death due to homicide, suicide, accidental overdose or violent deaths. Serving the Greater Metropolitan area of the Twin Cities since 1995, Survivor Resources’ volunteers, employees and board members have been compassionately providing individuals with crisis response and follow-up care after unexpectedly losing a loved one. | * Help maneuvering through logistics post-death
* Liaison between police, county attorney’s office and grieving families
* Immediate crisis support from those that have suffered similar loss
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| What’s Your Grief | <https://whatsyourgrief.com> | Promote grief education, exploration, and expression in both practical and create ways. | * Website about grief
* Support for grievers, grief support and grief professionals
* Blog posts
* Online courses
* Webinars
* Booklets
* Brochures
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1. Twin Cities Compassionate Friends Grief Resources List provides links to websites and resources owned and operated by others, however, is not responsible for the privacy practices, availability, products, services or content offered on those sites. [↑](#endnote-ref-1)