

2024 Saint Louis Area Bereavement Support Groups and Resources

Updated 04/2024

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Central Saint Louis			
Group Name	Location	Meeting Day/Time	Contact
Mercy Hospice Bereavement Program: Support Group Pre-Registration is requested	Mercy Hospice Office Suite 305 1630 Des Peres Rd Des Peres, MO 63131	Continuous group on the 2 nd and 4 th Mondays of each month from 10-11:30 am Call for schedule and 6 - week Educational Series	Contact Person: Holly Garlitz, Sharon O'Rourke 314-729-4419

Central Saint Louis (Cont.)			
Group Name	Location	Meeting Day/Time	Contact
Cancer Bereavement Support Group for Bereaved Caregivers	Cancer Support Community of Greater St. Louis 1058 Old Des. Peres Rd. Saint Louis, MO 63131	Call for more information 1:30-3:00 1 st , 3 rd & 5 th Thursday 6:30-8:00 pm 4 th & 6 th Thursday	Lori Thaman (314) 238-2000
Heartland Hospice Grief Support Group	12101 Woodcrest Exec. Dr. Ste. 102 St. Louis, MO 63141	Quarterly Sessions Please call for dates or specialty programming	Hillary Bereavement Department for Support Group information: (314) 453-0990

Coping with Loss Grief Support Group	Pathways Hospice & Palliative Care 14805 N. Outer 40 Rd., Ste 160 Chesterfield, MO 63017	2 nd & 4 th Tuesday 2:00pm-2:30pm	Daryn Holdsworth 636-733-7399

Central Saint Louis (Cont.)			
Group Name	Location	Meeting Day/Time	Contact
Threshold Widow and Widowers Group (65 or younger)	Trinity Presbyterian Church 1935 Beltway Drive St. Louis, MO 63114	Call for days and times	Sandy Dillon 314-872-5050 griefsupport@bjc.org
Grief and Loss through VITAS Healthcare Groups for anyone experiencing loss of loved one	Visit VITAS.com for locations and times	Visit VITAS.com for locations and times	SEE VITAS.com for all information
Men's Grief Group	Concord Trinity UMC 5257 S Lindbergh Blvd 63126	Visit VITAS.com for locations and times	

North St. Louis

Group Name	Location	Meeting Day/Time	Contact
Grief and Loss through VITAS Healthcare Groups for anyone experiencing loss of loved one	Visit VITAS.com for locations and times	Visit VITAS.com for locations and times	SEE VITAS.com for all information
Grief Support And Grief Share	Chapel of the Cross 11645 Benham Florissant, MO, 63136	Tuesdays 2:00pm – 4:00pm	Bill Rusnak 314-741-3737, ext 107

South St. Louis

Group Name	Location	Meeting Day/Time	Contact
St. Anthony's Support Group: Open Grief Support	St. Anthony's Hospice 10016 Kennerly Rd. St. Louis, MO 63128 Meet in de Greeff Hospice House	2nd and 4th Wednesday of the month, 1-2:30pm OR 1st and 3rd Thursday of the month, 6:30-7:30pm Newly bereaved 1 st and 3 rd Tues. 10am-11:30am	Megan Favorite (314) 525-7314 or 314-543-6872

Franklin County

Group Name	Location	Meeting Day/Time	Contact
GriefShare	1 st Christian Church 6890 Hwy 100 Washington, MO 63090	Every Wednesday – 10:00 am depending on need and 6:30pm	Dave Smith (636) 239-7560 Jim and Judy Weiser (636)390-0689
Heartland Hospice	12101 Woodcrest Exec. Drive Ste. 102 St. Louis, MO 63141	6 week program (4 weeks during winter months) offered quarterly	Kathy Savage St. Louis office – (314) 453-0990
Mercy Grief Support Group Open to the public Washington, MO	Mercy Hospital, 851 E 5 th St Washington, MO	Call for information	Tammy 636-239-8849

Jefferson County

Group Name	Location	Meeting Day/Time	Contact
GriefShare	First Baptist Church of Arnold 2012 Missouri State Rd. Arnold, MO 63010	13 week sessions, begin at various times throughout the year on Wednesdays at 6:30pm	
Mercy Hospital & Hospice Grief Support Groups – all open to public	Mercy Hospice #5 Industrial Drive Festus, MO 63028		
		2 nd Monday Each Month 10:00 am	Ramona Biondo 636-933-1318
Chapel Hill Mortuary's Bereaved Parents 4290 Gravois Road House Springs, MO 636-274-4100	Northwest Valley Middle School 1490 Gravois Road House Springs, MO	Bereaved Parents Group – 1 st Tuesday each month at 6pm	Katy Noll (636) 274-4100
Support Group for all Faiths	Immaculate Conception Parish Center 2300 Church Rd. Arnold, MO 63010	3 rd Monday of each month 7-8:30pm	Mary Taylor 314-401-9114 Barb O'Neil 636-282-9643

St. Charles County

Group Name	Location	Meeting Day/Time	Contact
Heartland Home Health Care and Hospice Grief Support group	1097 Wentzville Parkway Wentzville, MO 63385	6 week support groups quarterly (Call for details)	Mary Thompson (636) 327-4018
C.A.L.L. (Caring and Living Life) (Baue Funeral Homes)	St. John United Church of Christ 405 South 5th St. St. Charles, MO 63301	Widows and widowers social group, meets 1st and 3rd Tuesday of every month at 7pm	Chairman: Darlene Harkins (636) 946-9144
Chapel of the Cross Lutheran Church – Grief Comfort Group	907 Jungermann Road St. Peters, MO 63376	2 nd Thursday of month 1:00pm	(636) 928-5885
St Patrick’s Catholic Church	Rectory Basement 405 South Church St. Wentzville, MO 63385	7 week program offered twice each year. Call for information	Sally Owens 636-236-2573

St. Charles County (Cont.)

Group Name	Location	Meeting Day/Time	Contact
Paul Funeral Home New Beginnings 636-724-0283	Ginghams Restaurant 1566 Country Club Plaza St. Peters, MO 63376	Tuesdays at 8:30am	Bryan Paul (636) 724-0283
Portals Group for Loss of Life Partners (BJC Hospice)	Christ Church 6930 Mexico Road St. Peters, MO 63376	Call for times	Laurie Albright 314-872-5050
Baue Funeral Home Family and Community Center Young Widows Group, Adult Survivors of Suicide Group, Grief Education Classes, Pet Loss	608 Jefferson St. St. Charles, MO 63301 Three locations in Metro Area	Virual and in-person meetings. Go to Baue website for monthly calendars.	New members for the adults survivors of suicide group should call (314) 466-2829 Baue Funeral -636-940-1000

Warren County

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

	Warrenton, MO		
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Montgomery County			
Group Name	Location	Meeting Day/Time	Contact
Schlanker Funeral Home Community grief Support Group 573-564-2350	Montgomery County Health Department 400 Salisbury St. Montgomery City, MO 63361	2 nd Monday of the month at 7pm	Carol or Bob (573) 564-2350

St. Francois County			
Group Name	Location	Meeting Day/Time	Contact
New Beginnings: Grief and Loss	Belgrade Bank in Desloge 414 N State St. 63601	Wednesdays, 10-11:30am	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	2 nd Monday of the month 6:30-8pm	Alicia Trejo Bautista 636-528-8244 Mccoyblossomfh.com

Illinois			
Group Name	Location	Meeting Day/Time	Contact
Gateway Hospice 618-798-3000	2100 Madison Ave. Granite City, IL 62040	Call for information –currently (9/15) 4 pm- 5:30 pm every other Thursday	Thomas Nadelin (Chaplain) Gatewayregional.net
Hope for the Journey	St. Clare of Assisi 1411 Tross Street; Ofallon, IL	Meet 3 rd Wed. sessions at 2:00pm and 7:00pm	Call for information Barb & Ken Kenny 618-632-3562
VITAS Innovative Hospice Grief and Loss Seminars, 6 week grief support groups and cinema therapy grief work	16 Executive Dr. Suite 100 Fairview Heights, IL 62208	Call for information	Debbie Pazderka 618-622-9073 or 618-624-1601 Deborah.Pazderka@vitas.com
Heartlinks Grief Center	At Family Hospice 5110 West Main St. Belleville, IL	Ongoing groups meet on the 1 st Mon of each month at 6:30 pm	Diane Cuddeback 618-277-1800

Parent Support Groups

Group Name	Location	Meeting Day/Time	Contact
Aching Arms (Parents who have lost a child of any age) 618-277-1800	Family Hospice of Belleville 5110 W. Main St. Belleville, IL 618-277-1800	Call for information	Kris Grawitch Diana Cuddeback
BJC Hospice: Weavings Retreat (mothers who have lost a child) Daybreak Retreat (couples who have lost a child)	Call for details	Call details	314-872-5050
Mercy Heartprints (parents who have lost a baby)	Mercy Medical Center 615 S. New Ballas Creve Coeur, MO 63140 (in the cafeteria classroom)	2 nd Wednesday of each month, 7pm	Maggie Loyet (314) 251-6878
SHARE – Support for bereaved parents	Many locations in the St. Louis area, go to website or call for more information about specific locations.	Meeting days and times vary from location and types of group, see website or call for more specific information.	National Share Office Debra Cozhran 636-947-6164 http://www.nationalshare.org/
SIDS Resources Support for parents and grandparents	1120 S. 6 th St., Suite 100 St. Louis, MO 63104	Monthly meetings - Please call for specific dates and times	Dawn Casey 314-241-SIDS (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	(636) 328-0878 Baue.com
Healing Hearts Grief Support Groups Family Program	Kirkwood Baptist Church 211 N Woodlawn Ave, Kirkwood, MO 63122	Every other Monday 6:30-8:00 pm	Mary Schrader (314) 810-4055
Heartlinks Grief Support – ongoing groups- from Preschool thru High School	5110 West Main St Belleville, IL 62226	Ongoing groups meet the 1 st Mon of each month at 6:30 pm All groups occur concurrently	618-277-1800 http://www.myheartlinks.com email: info@myheartlinks.com
Carter's Clubhouse (ages 4-18)	Park Hills, MO 63601	1 st Monday of each month 6-30-8:00 pm	573-701-2504

LGBT Support Groups- general support not grief specific

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

Grief Counselors: St. Louis City

Group Name	Location	Information	Contact
Claire Birge, PhD, LCSW, AAMFT	7396 Pershing Ave. St. Louis, MO 63126	Works with individuals, teens, and couples	(314) 863-3606
Jeff Piper	Supportive Counseling/Insight Oriented Psychotherapy 4500 West Pine St. St. Louis, MO 63108	Specialty: Grief, Anger, Anxiety, and Depression	(314) 361-5983
Provident Counseling	2650 Olive Blvd. St. Louis, MO 63102	Sliding Scale Fees	(314) 533-8200
Center for Counseling and Family Therapy	3500 Lindell Blvd. St. Louis, MO 63103	Sliding Scale Fees	(314) 977-2505
Petra Blum	1715 Deer Tracks Trail St. Louis, MO 63131	\$110 per session 18 years of experience; specializes in grief, anxiety, depression, trauma, sexual abuse, and family relationships	(314) 503-3001

Grief Counselors: West County

Group Name	Location	Information	Contact
Kathy Guerra	11715 Administration Dr. St. Louis, MO 63146	Specializes in adolescents, family relationships, and women's issues; \$100/session; Reduced fee services available	(314) 560-5567 KathyGuerratherapy.com By appointment only
Care and Counseling	12141 Ladue Rd. St. Louis, MO 63141		(314) 878-4340
Jennifer Lang	745 Craig Rd., Ste. 304 St. Louis, MO 63141	Works with children, adults, teens and couples. Sliding scale fees. Faith based.	(314) 983-9300
Creve Coeur Community Counseling	Creve Coeur Counseling Associates 10176 Corporate Square Dr. Suite 100-S Creve Coeur, MO 63132	Low cost counseling services \$15 per session	(636) 346-4733
Lisa Wagner-Daegling, M.Ed. in counseling	Creve Coeur Counseling Associates 10176 Corporate Square Dr. Suite 100-S Creve Coeur, MO 63132	Specializes in grief, loss, and trauma Sliding fee	(636) 346-4733

Grief Counselors: West Co. (Cont.)

Group Name	Location	Information	Contact
Alynn McManus, MSW, LCSW	677 N. New Ballas, Ste. 208 St. Louis, MO 63141	Works with adults, teens, and couples. Sliding scale fees. Specializes in EMDR, depression, abuse, anxiety, teens, and substance abuse.	(314) 432-1056
Susan Robson, MSW, LCSW	121 Old Meramec Station Rd. Ste. 202 St. Louis, MO 63021	Works with children and teens. Sliding scale fees. Specializes in family therapy.	(636) 552-9159
Barb Weber, MSW, LCSW Mercy Palliative Care	Mercy Health Center 621 New Ballas Rd. Ste. 6009B St. Louis, MO 63141	Takes Medicare, Medicaid, Mercy and other insurance. Specializes in illness, grief, and loss.	(314) 251-4689

Grief Counselors: Central County

Group Name	Location	Information	Contact
Tina Dale, LCSW	8420 Delmar Blvd., Ste. 200 St. Louis, MO 63124	Works with children and teens. Sliding scale fees. Faith based. Specializes in anxiety, children, and PTSD.	(314) 477-8751
Robert L. Lewis, Ph. D.	7730 Carondelet Ave. Ste. 307 Clayton, MO 63105	Works with teens, and adults. Specializes in anticipatory, complicated grief and loss. Private pay only.	(314) 721-7201 x4 314-809-8307 will give 6 free sessions

Grief Counselors: Central County (Cont.)

Group Name	Location	Information	Contact
Michelle Salois, LCSW, RN	1015 S Compton	Works with teens, adults, and couples. Sliding scale fees.	(314) 993-8818
Life Crisis	Creve Coeur, MO 63141	24 hour crisis line	(314) 647-4357 Spanish line: (314) 647-1150
Mental Health Association of Greater St. Louis	1905 S. Grand Blvd. St. Louis, MO 63104		(314) 773-1399
Creve Coeur Counseling Associates	939 Gardenview Office Pkwy. Creve Coeur, MO 63141		(314) 991-0100 www.cccastl.com

Grief Counselors: Franklin County

Group Name	Location	Information	Contact
Hallam's Counseling	642 Hawthorne Lane Sullivan, MO 63080	Individual, family, grief and marriage counseling. Background in education and counseling children. Accepts private pay and EAP only.	Doris M. Hallam M. ED., LPC (573) 860-4673 jdhallam@fidnet.com
Embracing Change, Inc.	426 East 5 th St. Washington, MO 63090	Counseling, Life Coaching, and Ceremony	Holly Stratton Schmitt, MSW, ACSW, LCSW (636) 239-1117

Grief Counselors: Jefferson County

Group Name	Location	Information	Contact
COMTREA Family Counseling	120 North Mill Festus, MO 63028	Works with children, teens, adults, and couples	(636) 931-2700
Family Resource Center	4051 Jeffco Blvd. Arnold, Mo 63010	Works with children, teens, adults, and couples. Sliding scale fees.	(636) 464-9279
Joan Brady	1331 Jeffco Blvd. Arnold, MO 63010	Works with children, teens, adults, and couples. Sliding scale fees.	(314) 550-6097

Grief Counselors: St. Charles County

Group Name	Location	Information	Contact
Ellen Feldman Counseling Center	115 Piper Hill Drive St. Peters, MO 63376		(636) 447-9250
Lesya Bergman, MA, LPC	1000 Edgewater Point, Ste. 304 Lake St. Louis, MO 63367	Specializes in grief, substance abuse and trauma	(636) 699-2165
L.R.Partidge, Ph. D.	120-D O'Fallon Plaza O'Fallon, MO 63366		(636) 240-2240
O'Fallon Marital Family and Group Counseling Center	1137 North Main St., Ste.2 O'Fallon, MO 63366		(636) 294-4640
Holly Carson	316 South 2 nd St. St. Charles, MO 63301	Specializes in work with children, adolescents, and adults, provides life coaching.	(636) 949-6605
Gayle Horn, LPC Psychological Network	58 Port West Court St. Charles, MO 63303		(636) 916-5800
Catholic Charities Community Services	255 Spencer Rd., Ste. 202 St. Peters, MO 63376	Services for all ages available, Sliding scale fee	(636) 498-2273 x:10
Lutheran Family and Children's Services	2800 West Elm St. St. Charles, MO 63301	Sliding Scale fee	(314) 787-5100
Center for Healing and Hope – Variety of specializations	608 Jefferson St, St. Charles, MO	Call for more Information	(636) 328-0878

Grief Counselors: Provident Multiple Locations

Group Name	Location	Information	Contact
Provident Counseling	Central City- Main Office 2560 Olive St. Saint Louis, MO 63103		(314) 533-8200 – For appointment (314) 647-4357 24 hour Crisis Line Providentstl.org
	South City 6555 Chippewa, Ste. 150 St. Louis, MO 63109		
	Jefferson County 3675 W. Outer Rd. Ste. 203 Arnold, MO 63010		
	West County 12744 Olive St. Ste. 115 St. Louis, MO 63141		
	Illinois 141 Market Place Dr. Ste. 206 Fairview Heights, IL 62208		

Grief Counselors: Illinois

Group Name	Location	Information	Contact
Diane Cutteback, MSW	Belleville, IL Services through Healthlink	Works with Children and teens	Must go through HealthLink