

2025 Saint Louis Area Bereavement Support Groups and Resources

Updated 09/2025

Table of Contents

Group Support Groups:

Franklin County.....	3
Illinois.....	6
Jefferson County.....	5
Lincoln County	6
Montgomery County.....	5
Pike County.....	6
St. Francois County.....	6
St. Louis County.....	3
St. Charles County.....	4
Warren County	5
Children Support Groups.....	7
Parent Support Groups.....	7

Grief Counselors:

Illinois.....	11
Jefferson County.....	10
St. Louis City.....	8
St. Louis County – Central.....	10
St. Louis County – West.....	9
St. Charles County.....	11

Saint Louis County			
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
Grief Support And Grief Share	Chapel of the Cross 11645 Benham Florissant, MO, 63136	New sessions start soon. Call for more information.	Bill Rusnak 314-741-3737, ext. 107
Threshold Widow and Widowers Group (65 or younger)	Trinity Presbyterian Church 13545 Barret Pkwy St. Louis, MO 63021	Call for days and times	Sandy Dillon 314-872-5050

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 – (636) 283-1516
Mercy Washington Grief Support Group	Mercy Hospital, 851 E 5 th St Washington, MO	Call for information	Tammy 636-239-8849

St. Charles County			
Group Name	Location	Meeting Day/Time	Contact
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 on the 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	Beverly (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	Emily (314) 809-6996
Paul Funeral Home New Beginnings 636-724-0283	Gingham's Restaurant 1566 Country Club Plaza St. Peters, MO 63376	Tuesdays at 8:30am	Bryan Paul (636) 724-0283
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	Virtual and in-person meetings. Go to Baue website for monthly calendars.	New members for the adult survivors of suicide group should call (314) 466-2829

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	
Chapel Hill Mortuary's Bereaved Parents	Jefferson County Library- NW Branch 5680 Missouri PP High Ridge, MO 63049	Bereaved Parents Group – 1 st Tuesday each month at 6pm	Susan Weber (636) 274-4100 or (314) 803-8590
Support Group for all Faiths	Immaculate Conception Parish Center 2300 Church Rd. Arnold, MO 63010	3rd Monday of each month 7-8:30pm	Barb O'Neil 636-282-9643

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

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

Parent Support Groups			
Group Name	Location	Meeting Day/Time	Contact
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 groups; see website or call for more specific information.	National Share Office 636-947-6164 http://www.nationalshare.org/
SIDS Resources Support for parents and grandparents		Monthly meetings Please call for specific dates and times.	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
Heartlinks Grief Support – ongoing groups- from Preschool thru High School	5110 West Main St Belleville, IL 62226	Ongoing groups meet on the 1 st Monday 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

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; specializing in grief, anxiety, depression, trauma, sexual abuse, and family relationships	(314) 503-3001
Provident Counseling	<u>Central City- Main Office</u> 2560 Olive St. Saint Louis, MO 63103 <u>South City</u> 6555 Chippewa, Ste. 150 St. Louis, MO 63109	Providentstl.org	(314) 533-8200 – For appointment (314) 647-4357 24-hour Crisis Line

Grief Counselors: St. Louis County - West			
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., Ste 100-S Creve Coeur, MO 63132	Specializes in grief, loss, and trauma Sliding fee	(636) 346-4733
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
Provident Counseling	West County 12744 Olive St. Ste. 115 St. Louis, MO 63141	Providentstl.org	(314) 533-8200 – For appointment (314) 647-4357 24-hour Crisis Line

Grief Counselors: St. Louis County - Central			
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
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 Gardenvue Office Pkwy. Creve Coeur, MO 63141		(314) 991-0100 www.cccastl.com

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
Provident Counseling	Jefferson County 3675 W. Outer Rd. Ste. 203 Arnold, MO 63010	Providentstl.org	(314) 533-8200 – For appointment (314) 647-4357 24-hour Crisis Line

Grief Counselors: St. Charles County			
Group Name	Location	Information	Contact
Gayle Horn, LPC Psychological Network	58 Port West Court St. Charles, MO 63303		(636) 916-5800
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: Illinois			
Group Name	Location	Information	Contact
Diane Cutteback, MSW	Belleville, IL Services through HealthLink	Works with Children and teens	Must go through HealthLink
Provident Counseling	141 Market Place Dr. Ste. 206 Fairview Heights, IL 62208	Providentstl.org	(314) 533-8200 – For appointment (314) 647-4357 24-hour Crisis Line