



Grief/Loss Resources Summary

Part 1: Interactive Opportunities

Organization Name/Title	Description	Group Sessions	1-on-1 Sessions	Cost	Online	In Person
GriefShare https://www.griefshare.org/	Christian based grief support group: 13-week sessions. Participants learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way. For a group near you, visit the website.	Yes	No	For Materials	Yes	Yes
Cottonwood Church https://cottonwood.org/grieving-the-loss-of-a-spouse/	For widows and widowers, this group will provide opportunities to process loss with others grieving the loss of a spouse. You can discover how to have hope and peace amid your heartache and pain. Thursdays at 6:30pm, Katella Campus	Yes	No	Free	No	Yes
Zoe Center in Whittier https://zoecenter.us/care/counseling	Certified Christian Counselors and Life Coaches share in the areas of relationships, marriage, and grief.	No	Yes	Free	Yes	Yes



Organization Name/Title	Description	Group Sessions	1-on-1 Sessions	Cost	Online	In Person
Loma Linda University Health-Medical Center Chaplain Services-Grief Recovery https://lluh.org/patients-visitors/support-groups-services/bereavement-programs/grief-recovery-groups	Grief recovery seminars deal with personal tragedies, including the death of a loved one, or a divorce. Sessions are held 4 times a year: January, April, July and October. Each session begins on the first Monday of the month and lasts for 7 Mondays, from 3 p.m. - 4:30 p.m.	Yes	No	A one-time fee of \$45; \$25 per additional family member	No	Yes
LA County Dept of Mental Health: Various Grief & Loss Resources https://dmh.lacounty.gov/resources/grief-loss/	The Los Angeles County Department of Mental Health (LACDMH) supports the wellbeing of County residents and communities during times of grief and bereavement. They have compiled a collection of grief-related support groups from which you can choose.	Yes	Yes	See Site	See Site	Yes

Part 2: Books

Widowed Walk: Experiencing God After the Loss of a Spouse by Gary Roe

Amazon: <https://www.amazon.com/Widowed-Walk-Experiencing-After-Spouse/dp/1950382400>

When a Spouse Dies: What I Didn't Know About Helping Myself & Others Through Grief by Barbara R. Wheeler

Amazon: <https://www.amazon.com/When-Spouse-Dies-Helping-Through-ebook/dp/B008Y8VWXE>



I Don't Know Who I Am Anymore: Restoring Your Identity Shattered by Grief and Loss by Carole Holiday and Thomas Nelson

Amazon: <https://www.amazon.com/Dont-Know-Who-Anymore-Restoring/dp/1400239397>

Grief MGMT-A Self Help Guide with a Biblical Perspective to Overcoming Pain And Loss by Cynthia Carter

Amazon: <https://www.amazon.com/dp/B09HG55BZ6?ref =pe 305>

Grieving with Hope: Finding Comfort As You Journey Through Loss by Samuel J. Hodges

Amazon: <https://www.amazon.com/Grieving-Hope-Finding-Comfort-Journey/dp/0801014239>

Part 3: Guest Speakers' Contact Information

Dr. Waneko Bivens-Saxton, MM, PhD

Grief and other counseling

Website: <https://www.bemadewholecounseling.org/>

Email: drsaxtonbmw@outlook.com | (302) 480-0573

Angela Alexander

www.MiraclesInAction.com Books: "Miracles in Action" & "Never Too Young"

www.Grief2Peace.com (Amazon Prime Documentary "Miracles in Action")

Email: Angela@MiraclesInAction.com

Martha Sanchez

Book: I Can Do All Things: Finding Faith in Tough Times

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