

# Grief Support Resources

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## Houston Area Grief Support Services

### **Bo's Place – Houston**

<https://bosplace.org>

- Services: Free grief support groups, counseling, and education for **children, families, and adults** grieving the death of a loved one.
- Languages: English & Spanish
- Notes: One of Houston's largest nonprofit bereavement centers offering group support and grief resources.

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### **Houston Hospice Bereavement Program**

<https://www.houstonhospice.org>

- Services: Individual grief counseling, support groups, and bereavement follow-up for up to a year after a loss.

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### **Hope and Healing Center & Institute**

<https://hopeandhealingcenter.org>

- Services: Adult grief support groups focusing on coping skills, emotional processing, and recovery after loss.

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### **U of H Counseling Services (Students)**

<https://www.uh.edu/caps>

- Services: Grief support groups for students coping with loss.
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## Texas Statewide Grief Support Organizations

### **Children's Bereavement Ctr of South Texas**

<https://cbcst.org>

- Services: Counseling, grief camps, and support groups for **children and families** coping with the death of a loved one.

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### **The Christi Center – Austin**

<https://christicenter.org>

- Services: Free grief support groups for adults, children, and teens, including virtual options.

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### **The WARM Place – Fort Worth**

<https://thewarmplace.org>

- Services: Grief support programs for children, teens, young adults, and families after a death loss.

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### **Hospice Bereavement Programs (Texas)**

<https://www.allseasonshospicetx.com/>

Many Texas hospice programs offer grief counseling and support groups to the public, not only hospice families.

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### **Grief Support Centers in Texas**

<https://www.griefsupportcenter.com/texas-resource>

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## Support Groups Available On-Line

### GriefShare

<https://www.griefshare.org>

- Nationwide support groups often hosted by churches and community organizations.
- Typical weekly sessions including education, discussion, and peer support.

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### Grief In Common

<https://www.griefincommon.com/>

- Grief in Common is a free website designed to connect those who are grieving based on background and similar circumstances of loss.
- We have forums where members can [see and share](#) their stories and find others to connect with through the loneliness and isolation of grief.

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### Rainbows for All Children

<https://rainbows.org/>

- Together with the assistance of professionals in the mental health field, a curriculum for children who have experienced loss which is still the foundation of the program today.

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### Grief Support Center

<https://www.griefsupportcenter.com/home>

- We understand grief takes many forms: the death of someone you love, the ending of a marriage, family estrangement, health loss, pregnancy loss, or a career that shaped your identity.

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### The Compassionate Friends

<https://www.compassionatefriends.org/>

- Supporting Families after A Child Dies

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### Heartbeat – Survivors After Suicide <https://www.heartbeaturvivorsaftersuicide.org/services>

- Heartbeat Meetings are intended for those 18 & older. No appointment or reservation necessary.

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### Young People support Heal Grief

<https://healgrief.org/>

- A social support network that is there when everyone else goes away and the real grieving begins. Everything we do is inspired by our core belief that no one should ever grieve alone. HealGrief® provides the tools and resources to guide one's journey with grief into healthy personal growth.

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### My Grief Angels

<https://www.mygriefangels.org/>

- Is for and by the [millions of people](#) grieving that have used this site, and for the [thousands](#) who have participated in the [over 1,500](#) Free Virtual Grief Support Groups and the Free Grief Chat Online Community to date.

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### National Alliance for Children's Grief

<https://nacg.org/>

- The alliance is a national organization of professionals dedicated to supporting children and the networks and communities surrounding them.

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## Specialized Grief Support

### MISS Foundation

<https://www.missfoundation.org>

- Support for families grieving the death of a child, miscarriage, or traumatic loss.

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### Tragedy Assistance Program - TAPS. Org

<https://www.taps.org/>

- TAPS is the national nonprofit organization providing compassionate care and comprehensive resources to all those grieving a death in the military or veteran community.

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### Loss of a Pet

- Assoc. for Pet Loss and Bereavement

<https://www.aplb.org/>

- AntiCruelty Support for pet loss

<https://anticruelty.org/pet-loss-support>

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### American Foundation for Suicide Prevention

AFSP <https://afsp.org/>

- Save Lives and Bring Hope to Those Affected by Suicide
- Find a Support Group <https://afsp.org/find-a-support-group/>

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## Tips for Finding the Right Grief Support

- **Individual counseling** can help process complex grief or trauma.
- **Support groups** reduce isolation and allow connection with others experiencing similar loss.
- **Specialized programs** exist for:
  - Child loss
  - Suicide loss
  - miscarriage or infant loss
  - traumatic grief

# Grief Support Resources

## Different Types of Grief



### Delayed Grief

• Identity disruption • Disbelief about the death • Avoidance of reminders • Intense emotional pain



### Disenfranchised Grief

• Grief that lacks societal support • Isolation & invalidation



### Ambiguous Grief

• Loss without death • No closure • Emotional uncertainty



### Inconclusive Grief

• No confirmed death • Hope lingers • Conspiracy thinking



### Collective / Public Grief

• Community or mass loss • Disasters & tragedies



### Traumatic Grief

• Sudden, violent death • Shock, anger, guilt



### Masked Grief

• Hidden behind other behaviors • Irritability, overworking



### Cumulative Grief

• Multiple losses over time • Fatigue & overwhelm



### Secondary Losses

• Kids' changes: Family, school, finances  
• Life shifts beyond the death

[SGAServicesTexas.com](http://SGAServicesTexas.com)