

Grief and Bereavement Resources

Local Grief Support Groups

Center for Grief Recovery and Therapeutic Services

Individuals, couples and group therapy

Dr. Paul Martin

1263 W. Loyola Ave.

Chicago, IL 60626

773-274-4600

On-going group. Accepts new members at any time.

Dr. Paul Martin, PsyD, Leader

www.griefcounselor.org

Journey Care

Karen Evans

833 W. Chicago Ave.

Chicago, IL 60622

312-492-3056

Next group starting January 31, 2018 (8-12 sessions for those who have lost a loved one in the past 13 months)

LITTLE COMPANY OF MARY HOSPITAL

Little Company of Mary Hospital

2800 W. 95th St.

Evergreen Park, IL 60642

708-229-5484

Heartland Hospice Grief Support Group

Every 2nd and 4th Friday 10 AM-11:30 AM

1801 35th Street

Oakbrook, Il

800-994-9400

Gilda's Club Bereavement Support Group (for those who have lost a loved one to cancer)

537 North Wells Street

Chicago, IL 60654

Phone: 312-464-9900

<https://www.gildasclubchicago.org>

Books about grief, recommended by Center for Grief Recovery:

- The Year of Magical Thinking, by Joan Didion
- The Long Goodbye, by Meghan O'Rourke
- Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss, by Sameet Kumar
- Awakening from Grief, by John Welshons
- Transcending Loss, by Ashley Davis Prend
- Unattended Sorrow, by Stephen Levine
- Grief's Wisdom, by John Schneider
- Ambiguous Loss, Learning to Live with Unresolved Grief, by P. Boss
- Necessary Losses, by Judith Viorst
- To Begin Again, by Naomi Levy
- Making Loss Matter, by Rabbi David J. Wolpe and Mitch Albom
- Life's That Way, by Jim Beaver
- Being Alive and Having to Die, by Dan Cryer
- Tuesdays with Morrie, by Mitch Albom
- After the Darkest Hour: How Suffering Begins the Journey to Wisdom, by Kathleen Brehony
- Good Grief: Healing Through the Shadow of Loss, by Deborah Morris Coryell
- Loving Grief, by Paul Bennett
- My Brother's Book, by Maurice Sendak

Grief Websites:

The center for grief recovery and therapeutic services:

<http://www.griefcounselor.org/resources/grief-recovery-general.html#genbooks>

Suburban resource guide for seniors:

<http://www.suburbanresourceguide.com/community-resources/bereavement/#.WgNaB0-WwSs>

I Did Not Know What to Say: www.ididnotknowwhattosay.com

A deeply personal and inspiring site with online grief support groups, a blog, resources and links.

Grief Share: www.griefshare.org

Grief recovery support groups at local churches; other grief resources.

GriefNet: www.griefnet.org

Expansive book and resource lists including "over 50 e-mail grief support groups"