2014

COMMUNITY BEREAVEMENT RESOURCE DIRECTORY

published by

Bereavement Network Resources of Sacramento, Inc.

P. O. BOX 660365
SACRAMENTO, CA 95866-0365

(916) 557-5882
bnrs@att.net
www.griefhelpsacramento.com

The purpose of Bereavement Network is to promote effective healing from loss through education, information, referral and support.
Bereavement Outreach Meetings .......................... 557-5882

Open to the grieving public, facilitated by volunteer community professionals, self-help support meetings are held every Thursday from 7:30 pm - 9:00 pm at Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.
bnrs@att.net • www.griefhelpsacramento.com

GENERAL Bereavement

Kaiser Permanente Hospital .......... 486-5300 Bereavement support groups on-going and open to the public in Elk Grove, Roseville, and Sacramento.

SACRAMENTO
Mercy General Hospital .......... 453-4552 Ongoing 6-week grief and loss sessions. Call for information and registration.

Mercy San Juan Hospital Support Group Chaplaincy Services .......... 537-5098 Program for anyone experiencing grief. 1st & 3rd Wednesdays, 6:00 - 7:30 p.m. 2nd Floor Conf. Rm Russell Tower, Mercy San Juan Hospital, 6501 Coyle Ave., Carmichael.

Sutter VNA & Hospice .......... 388-6215 Bereavement support group for those who have experience a loss. Alternating Wed. 6:30 - 8:30 p.m. Sutter Cancer Center, 2800 L St., Sacramento, on a walk-in basis.

UC Davis Hospice Support Group Don Lewis, Bereavement Coordinator .......... 734-1139 8 week support groups offered throughout the year. Call for information and registration. donald.lewis@ucdmc.ucdavis.edu

AMADOR COUNTY - Hospice of Amador & Calaveras County .......... 209/223-5500 www.hospiceofamador.org

AUBURN - Faith Hospice Bereavement Support .......... 530/886-6650 Open to anyone experiencing loss through death. 6:30 - 8:00 p.m. 1st and 3rd Wednesdays at 11775 Education St., Suite 201, Auburn, and 9:30 - 11:00 a.m. 2nd and 4th Fridays at Multipurpose Senior Center, 11577 E. Ave., Auburn.


ROSEVILLE

Sutter Care at Home Hospice Bereavement Services .......... 797-7850 Adult grief support groups offered daytime and evenings on a walk-in basis. Call for info on dates, times and locations.

WEST SACRAMENTO HOSPICE Grief Support for Adults .......... 530/758-5566 A Yolo Hospice eight week support group. www.yolohospice.org

FAITH SUPPORT

Many faith communities offer bereavement support services. Feel free to call your local church or synagogue.

YOUNG ADULT GRIEF

UC Davis Hospice Support Group Don Lewis, Bereavement Coordinator .......... 734-1139 8 week support group for young adults, 17-24 years old. Offered twice a year. Call for registration. donald.lewis@ucdmc.ucdavis.edu
LOSER OF SPOUSE

SACRAMENTO
Widowed Persons Assn of California
.............................................. 972-9722
Social and support groups. "Resolving Grief" program and support meetings are open
to non-members. Support meetings every
Sunday 3:00-5:00 p.m., please arrive early.
2628 El Camino Ave. D-18, Sac.
www.sacwidowed.com

AUBURN
Grief Support for Widowed Persons
Sandy Ferguson............... 530/685-8298
Genevieve Page............... 916/663-3684

LOSS OF CHILDREN
* Bereaved Parents of USA
Sacramento - South Placer Chapter
Chris Harder.................... 768-3891
Monthly support meetings for grieving
parents. Call for info.
chrisharder@heritageoaksmc.com
www.sspcc.org

* Compassionate Friends
Bereavement support for parents who have
lost a child. Newsletter, telephone support,
and monthly meetings. Call for location and
times.

SACRAMENTO CHAPTER ........ 457-4096
sacvalleystcf@yahoo.com

* Sharing Parents ............... 424-5150
Support group for those whose babies have
died from the time of conception through
early infancy. Second Sunday, 7:00-9:00 p.m.
Mercy Women's Center,
650 Howe Ave. Suite 530, Sacramento.
www.sharingparents.org

UC Davis Hospice Support Group
Don Lewis, Bereavement
Coordinator..................... 734-1139
8 week support group for parents who have
lost a minor-aged child, offered once a year.
Call for registration.

CHILDREN'S GRIEF

Camp Erin......................... 415/526-5699
Sponsored by Hospice by the Bay (Marin).

Camp Hope....................... 916/772-1400
Sponsored by Taylor Family Foundation.

Children's Bereavement Art Group
Peggy Gulshen, Coordinator ...... 454-6555
Creative support for grieving children 4-17
who have experienced the death of a parent,
including children. Support meetings are open
to non-members. Support meetings every
Saturday 3:00-5:00 p.m., please arrive early.
2628 El Camino Ave. D-18, Sac.
www.sacwidowed.com

SUICIDE, HOMICIDE AND DRUNK
DRIVER BEREAVEMENT SUPPORT
* Suicide Loss—Friends for Survival
1-800-546-7322.................. 392-0664
Outreach program, support and education
after a suicide death. Monthly meetings,
newsletter. www.friendsforsurvival.org

Homicide Support Network...... 874-5701
Support group for survivors of homicide
1st Wednesday, 6:30-8:30 p.m.
District Attorney's Office, 901 G St., Sac.
www.sacda.org

VIVA—Volunteers In Victim Assistance
.................................... 570-1690
Individual and family counseling for survivors
of trauma, homicide, sudden death and
violent crime. Project Hands On (PHO) for
children ages 3 to 18.
www.victimassistance.us

* MADD—Mothers Against Drunk
Drivers ......................... 481-6233
Call for dates and times of support meetings.
www.maddcalifornia.org

*SACRAMENTO

SUPPORT FOR MAJOR ILLNESSES
HIV/AIDS Mother's Support Group
Alva Kennedy .................... 791-5719
For family members or relatives lost to
AIDS or currently HIV positive. All relatives
welcome. One on one support.

A.L.S. Greater Sacramento Chapter .... 979-9265
Amyotrophic Lateral Sclerosis or Lou Gehrig's
Disease. Support, education, resources for
patients, caregivers, families and friends.
www.alssec.org
Alta Calif. Regional Center ...... 978-6400
Serving developmentally disabled persons, high risk infants and their families. Case management information and referral.
www.altaregional.org

Alzheimer’s Aid Society .......... 483-2002
of Northern California ...... 1-800-540-3340
Education, support group meetings, newsletter.
www.alzheimersaidsoctync.org

* Alzheimer Association........1-800-272-3900
Education, support, regular meetings and newsletter. www.alznorcal.org

Alzheimer’s Disease Research Center ...
.................................................. 734-5496
UCD-ADC evaluates for dementia and other memory related disorders.
http://alzheimer.ucd.edu

* American Cancer Society ...... 446-7933
.................................................. 1-800-227-2345
Information and referral. Education and support for patients and families with cancer.
See ENCORE
www.cancer.org

* American Diabetes Assn ...... 924-3232
Sacramento Sierra Chapter. Education, information, speakers’ bureau, referral.
www.diabetes.org/sacramento

* American Heart Assn .......... 446-6505
Education, referral and speakers’ bureau.
www.heart.org

* American Lung Assn of California
.................................................. 554-5864
Stop smoking programs, asthma management. New information & referral.
www.lungusa.org/california

* Arthritis Foundation.......... 366-5599
Sacramento Valley Office.
Resources Center for Arthritis.
www.arthritis.org

* ENCORE.............................. 264-8066
YWCA Post-mastectomy program, exercise and support group for women who have had breast cancer.
www.ywcaccc.org

* Easter Seal Superior California ... 485-6711
Rehabilitation center, information and referral.
www.myeasterseals.org

Head Trauma Support Project
.................................................. 568-6660
Support, information, education, advocacy and prevention for survivors and families. Weekly meetings every Thursday, 6:30 p.m.
www.headtraumasacramento.org

* Leukemia & Lymphoma Society
929-4720 ......................... 1-800-410-8170
Patient aid, family support, education and information, referral.
www.LLS.org

* Lupus Foundation of America,
CA Chapter ...................... 1-800-558-0121
Information, physician referral and support.
www.lupuscalifornia.org

* National Alliance on Mental Illness
NAMI, Sacramento ............. 364-1642
Support for families or friends of persons with mental illness.
www.namisacramento.org

* Parkinson Assoc. of No. California
.................................................. 1-800-473-4636
Support for Parkinson’s patients, friends and families. Monthly group meetings, information and referral.
www.parkinsonsacramento.org

* United Cerebral Palsy......... 565-7700
Transportation, respite and educational programs. Serving Sacramento, Yolo, Placer, El Dorado and Nevada counties.
www.ucpsacto.org

Warm Line Family Resource Center
.................................................. 1-800-660-7995
Sacramento .......... 922-9276
Rocklinemaker ........... 632-2100
Yolo County ............. 530/759-1127
Español ..................... 922-1490
Resources for children 0-22 years with special health care needs.
www.warmlinesfrc.org
CAREGIVER SUPPORT
Del Oro Caregiver Resource Center
1-800-635-0220 • 728-9333
Del Oro Caregiver Resource Center works with caregivers of brain impaired adults. Provides education, coping skills and support for families. www.deloro.org

SUPPORTIVE SERVICES
County Medically Indigent Services Program (CMISP) • 874-9238
Medical & dental care.

Indigent Cremation • 874-9320

Sierra Donor Services • 567-1600 (formerly Golden State)
Organ and tissue donation.
www.sierradonor.org

Law Enforcement Chaplaincy (LEC)
Chaplains assist victims and survivors who have experienced a crime, tragedy or traumatic event.
El Dorado/Sierra LEC • 530/621-1036
www.slec.us

Gold Country Chaplaincy,
Foothills Community • 916/259-1001
www.goldcountrychaplaincy.org
Nevada County, Community Chaplains • 530/265-7880
Placer County LEC • 530/820-3427
www.placerchaplains.com
Sacramento County LEC • 857-1801
Office • 993-7785
www.sacchaplains.org

Woodland Police Chaplains
△ Dispatch 24/7 • 530/666-2411
△ Business Hours • 530/661-7800
Yuba/Sutter County, Trauma Intervention Program, TIP • 530/713-1838

Threshold Choir - Sacramento - Davis
Doreen • 530/758-7671
Carol • 530/757-2948
Women singing at the bedside of the dying to bring comfort to all.
www.ThresholdChoirs.org

Victim and Witness Assistance • 874-5701
Crisis and short-term counseling and referral.
www.victimcompensation.ca.gov

Weave, Inc. 920-2952
(Women Escaping A Violent Environment)
Temporary shelter and support services for sexually assaulted and/or battered woman and their children who are in crisis and in need of a safe place to stay.
www.weaveinc.org

HOSPICE
Home terminal care, provided by an interdisciplinary team including volunteers. Care and services include emotional and spiritual support, respite care, 24 hours on call, and bereavement support. Eligibility: prognosis of six months or less.

SACRAMENTO—
First Call Home Care & Hospice
www.fchosp.com • 725-2580
Kaiser Hospice • 486-5300
Mercy Hospice • 281-3900
Sutter Hospice • 388-6255
www.suttercareathome.org
UCD Hospice 1-800-268-9232
UCD Hospice • 734-2458
www.ucdmc.ucdavis.edu
Vitas Innovative Hospice • 925-7010
www.vitas.com
Hospice of Amador & Calaveras County • 209/223-5500
www.hospiceofamador.org
AUBURN Faith Hospice • 530/886-6650
www.checksutterfirst.org
Yolo Hospice • 530/758-5566
www.yolohospice.org

EL DORADO COUNTY—
Snowline Hospice • 530/621-7820
916/817-2338
www.snowlinehospice.org

GRASS VALLEY
Hospice of the Foothills • 530/272-5739
www.hospiceofthefoothills.org

ROSEVILLE
Bristol Hospice • 782-5511
www.bristolhospice.com
Sutter Hospice • 797-7850
www.suttercareathome.org
This Community Bereavement Resource Directory was compiled by Bereavement Network. Inclusion is not intended to be an endorsement. Space does not permit the listing of all references. For more complete information call 211 Sacramento Information & Referral Services, at 498-1000.

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CRISIS LINES (24 HOURS)

AA Hotline ................................................................. 454-1100
................................................................. www.aasacramento.org
California Youth ............................................................... 1-800-843-5200
................................................................. www.calyouth.org
Sacramento Mental Health Center / 7a.m. - 11:00 p.m. ............................................ 732-3637
................................................................. after hours 1-888-881-4881
Suicide Prevention Service ................................................................. 368-3111
National Suicide Prevention ................................................................. 1-800-273-8255
................................................................. www.wellspacehealth.org
WEAVE (Battered Women, Sexual Abuse, Domestic Violence) ......................................... 920-2952
................................................................. www.weaveinc.org