SUPPORT GROUPS

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP) offers a number of free services to widows and widowers. Call 1-(888) 687-2277 to locate a grief support group in your area.
www.aarp.org/griefandloss/support

CARING FRIENDS. Support group for widows and widowers ages 20 to 45 and their children. Call Marty (303) 989-5960 for information.

COMPASSIONATE FRIENDS. For parents who have lost a child through death. Call 1-877-969-0100.
www.compassionatefriends.org

EXEMPLA HEALTHCARE’S ANSWERLINE. Information on support groups. Call (303) 425-2929 for information.

EXEMPLA LUTHERAN HOSPICE. Bereavement support groups for families dealing with the loss of a loved one. Contact the chaplain at (303) 467-4979.

FOOTPRINTS. Support groups for all types of death loss. St. Mary’s Church, 6853 S. Prince St., Littleton, CO 80120. Call Rose Marie (303) 794-3844 or Caroline (303) 794-5818.

HEARTBEAT. Support group for anyone who has lost a loved one to suicide. In Denver, call 303-436-4100 or call Suicide Education & Support Services at 1-970-506-2737.
www.endsuicide.org/heart2.html

HOSPIDCE OF METRO DENVER. Variety of support groups. Call (303) 321-2828 and ask for the Bereavement Department for information.
www.denverhospice.org


MAAD (Mothers Against Drunk Driving). Peer counseling for families of victims of drunk drivers. Call 1-(800) 438-6233 to find a local group.
www.madd.org

POMC (Parents of Murdered Children & Other Survivors of Homicide Victims). Call 1-(888) 818-7662 to locate a group in your area.
www.pomc.org

SIDS (Sudden Infant Death Syndrome) PROGRAM. Support for parents and relatives. Call 1-(800) 332-1018 in Colorado or 1-(800) 214-1863 in the US to locate a local group.
www.sids-network.org