

# 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](http://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](http://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](http://www.endsuicide.org/heart2.html)

**HOSPICE OF METRO DENVER.** Variety of support groups. Call (303) 321-2828 and ask for the Bereavement Department for information.  
[www.denverhospice.org](http://www.denverhospice.org)

**JUDI'S HOUSE.** Grief Support Services for Children & Teens. Call 720-941-0331 for information. [www.judishouse.org](http://www.judishouse.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](http://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](http://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](http://www.sids-network.org)