

## LOCAL & NATIONAL SUPPORT GROUPS & ORGANIZATIONS

### *LOCAL:*

1. **“The Gathering Place”** – 2313 Broad Avenue, Altoona  
Offering several six- week grief support group sessions and monthly sessions throughout the year, please call Cheryl Smith at 944-9755 for dates and times.
2. **AseraCare Hospice** - 814-941-2900 - Altoona, PA  
Offers individual and group bereavement counseling.
3. **Home Nursing Agency** - 800-445-6262 or 814-946-5411 - Altoona, PA  
Offers bereavement counseling, as well as individual, family and group counseling. **\*\*The Healing Patch for Grieving Children** – please call Allison Stockley at 946-5411, Ext 4126
4. **Compassionate Christian Counseling** - 814- 234-9667 - Pine Grove Mills, PA  
Don McClune currently offers weekly counseling sessions in Altoona, Pine Grove Mills and Philipsburg. [www.compassionatechristiancounseling.com](http://www.compassionatechristiancounseling.com)
5. **CONTACT Altoona** – 814-944-9050  
CONTACT Altoona is a telephone helpline service providing listening services, reassurance calls, crisis intervention, and information and referral services to the community. All services are free and confidential
6. **“Life After Loss” Grief Support** – 814-944-0171 – Altoona Alliance Church
7. **Faith-Based Bereavement/Grief Support Group** – 814-889-4323 – Altoona, PA  
For those who have experienced the death of a loved one. Sessions are held in the Holy Family Chapel Bon Secours Hospital Campus, 2500 – 7th Avenue, Altoona, PA.

### *NATIONAL:*

1. **Widowed Persons Services** – 800-424-3410 – Washington, DC  
AARP founded this service to help widows and widowers who may experience profound feelings of guilt, loneliness, fear and apprehension, anger or resentment, loss of identity and self-esteem. Other issues that may also need to be faced are changes in housing, family relationships, and unfamiliar and legal matters. Mailing Address: 601 E. Street NW, Washington, DC, 20049  
Website: [www.aarp.org](http://www.aarp.org) Email: [griefandloss@aarp.org](mailto:griefandloss@aarp.org)
2. **The Compassionate Friends** – 877-969-0010 – Oak Brook, IL  
A national non-profit self-help support group for bereaved parents. The primary purpose is to assist in the positive resolution of grief and to foster physical, mental, and emotional health. A wide range of literature, quarterly newsletter and other information is available. Mailing Address: P.O. Box 3696, Oak Brook, IL 60522-3696 Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)

**3. Comfort Zone Camp** – 800-377-2420 – Richmond, VA

Comfort Zone Camp sponsors weekend bereavement camps in Virginia and New York/New Jersey for children from across the country who have experienced the death of a parent, sibling or significant love one. Camps are offered free of charge to children ages 7-17. Mailing Address: 2102-A Westmoreland Street, Richmond, VA, 23230 Website: [www.comfortzonecamp.org](http://www.comfortzonecamp.org)

**4. The Dougy Center** – 503-775-5683 – Portland, Oregon

National Center for Grieving Children & Families. Since 1982, the Center has worked with thousands of children, teens, and their families who have experienced the death of a parent, adult caregiver, sibling or teen friend. The mission of the Dougy Center is to provide loving support in a safe place where children, teens, and their families who are grieving a death can share their experience as they move through their healing process. Mailing address: 3909 S.E. 52nd Avenue, P.O. Box 86852, Portland, OR, 97286 Website: [www.dougy.org](http://www.dougy.org)

**5. Center for Loss & Transition** – 970-226-6050 – Boulder, CO

We publish books, articles and other resources to help people who are grieving. We are also an educational and training center for bereavement caregivers. Mailing address: 3735 Broken Bow Road, Fort Collins, CO, 80526 Website: [www.centerforloss.com](http://www.centerforloss.com)

**6. American Foundation for Suicide Prevention** – 888-333-AFSP (2377) – New York, NY

Offers 12 chapters to education survivors about the latest finding in prevention research. Allows survivors to share their experiences of loss and grief with others who understand. Mailing address: 120 Wall Street, 22nd Floor, New York, NY, 10005 Website: [www.afsp.org](http://www.afsp.org)

**7. AGAST – Alliance of Grandparents – A Support in Tragedy** – 888-774-7437 – Tempe, AZ

Originally started in 1993 as a SIDS grandparent support group, this organization is now dedicated to assisting all grandparents when a grandchild dies. Support is offered by an informational packet that helps grandparents through their grieving and gives information on how to help their children (the parents). Peer contact if available, as well as support groups. Newsletters are sent 4 - 6 times annually. AGAST has peer contacts in most states and grandparents active in ten countries. Mailing address: P.O. Box 17281, Tempe, AZ, 85011-0281 Website: [www.agast.org](http://www.agast.org)

**8. Parents Without Partners, Inc.** – 561-391-8833 – Boca Raton, FL

An international, non-profit, educational organization devoted to the interests of single parents and their children. Over 400 chapters concerned with educational activities, family activities, and adult social/recreational activities. Mailing Address: 1650 South Dixie Highway, Suite 510, Boca Raton, FL, 33432 Website: [www.parentswithoutpartners.org](http://www.parentswithoutpartners.org)

**9. Growth House, Inc.** – 415-863-3045 – San Francisco, CA

Provides information and referral services on death and dying issues nationally as well as internationally. Mission is to improve the quality of compassionate care for people who are dying through public education, hospice and home care, palliative care, pain management, death with dignity, bereavement and other associated areas. Website: [www.growthhouse.org](http://www.growthhouse.org)

**10. National Catholic Ministry to the Bereaved** – 440-943-3480 – Cleveland, OH  
In 1988, a survey was initiated to the Bishops throughout the U.S. asking for information pertaining to active bereavement ministry in the Dioceses. As a result, the ministry was established in 1990 to serve the needs identified. It is a membership organization with an individual membership of \$30 for one year. A quarterly newsletter is available, Journey, featuring articles on bereavement, book reviews, materials, etc. Mailing address: 28700 Euclid Avenue, Cleveland, OH, 44092-2527

**11. National Sudden Infant Death Syndrome Resource Center** – 866-866-7437 – Vienna, VA  
Provide information, literature and support to parents who have lost Children to SIDS or SIDS related symptoms. Mailing address: 2070 Chain Bridge Road, Suite 450, Vienna, VA, 22182  
Website: [www.sidscenter.org](http://www.sidscenter.org)

**12. American Sudden Infant Death Syndrome Institute** – 800-232-SIDS – Atlanta, GA  
Dedicated to the prevention of SIDS and the promotion of infant health through research, clinical services, family support and professional and community education. Mailing address: 2480 Windy Hill Road, Suite 380, Marietta, GA, 30067 Website: [www.sids.org](http://www.sids.org)

**13. The Tragedy Assistance Program for Survivors, Inc.** – 800-959-8277 Washington, DC  
National, non-profit organization made up of and providing services To those who have lost a loved one on active duty with the Armed Forces. Hotline is open 24-hours daily. The heart of the program is a national military survivor peer support network. Offers support and assistance to survivors in finding answers to frequently asked questions to confusing questions and procedures. Provides case worker assistance grief counseling referral and crisis information. Mailing address: 2001 S. Street NW, Suite 300, Washington, DC, 20009 Website: [www.taps.org](http://www.taps.org)