

# VNA Grief Care Calendar for Winter 2021

VNA bereavement events provide an opportunity for bereaved individuals to meet with others who understand loss and learn more about helping themselves. We will resume our in-person grief events when our medical staff deems it safe to do so. We are holding some on-line Zoom Grief Groups. **Please reach out to your Bereavement Coordinator for more information or support.**

## Dallas County

**All of the groups are currently the Zoom platform**  
***Lunchtime Grief Support***

4th Thursdays, January 28, February 25,  
March 25, April 22  
Noon to 1:00 p.m.

***Sharing the Journey: Coping With Grief***

6 Week group – Fridays  
Starting January 8 to February 10  
1:00p.m. to 2:30p.m.

***Sharing the Journey: Coping With Grief***

6 Week group – Fridays  
Starting February 19 to March 26  
9:30a.m. to 11:00a.m.

Contact Sue Rafferty to sign up and get the zoom link, (972) 215-6128 or rafferts@vnatexas.org

## Collin County

**All of the groups are currently the Zoom platform**  
***Lunchtime Grief Support***

4th Tuesdays, January 26, February 23, March 23  
Noon to 1:00 p.m.

***Grieving Hearts Group (loss of spouse)***

2nd Tuesdays, January 12, February 9, March 9  
10:00 a.m. to 11:30 a.m.

***Sharing the Journey: Coping with Grief - 6 Weeks***

session, Starting January 27, Wednesdays  
10:00a.m. – 11:30a.m.

Contact Susan Bryan to sign up and get zoom link, (214) 733-5543 or bryans@vnatexas.org

## Denton County

**All of the groups are currently the Zoom platform**  
***Lunchtime Grief Support***

Tuesdays, Jan. 12, Feb. 9, March 9 & April 13  
Noon to 1:00 p.m.

***Monthly Bereavement Support Group***

Wednesdays, Jan. 13, Feb. 10, March 10 & April 14  
1:00p.m. – 3:00p.m.

***Sharing the Journey: Coping with Grief***

6 Weeks each sessions  
Starting January 11, March 1 & April 19  
Mondays 1:00p.m. – 3:00p.m.  
OR Starting January 14, March 4 & April 22  
Thursdays 6:00p.m. – 8:00p.m.

***Care Givers Get Together***

Wednesdays, Jan. 20, Feb. 17, March 17 & April 21  
5:30p.m. – 6:30p.m.

***Grieving Hearts***

Tuesdays, Feb. 23, March 23 & April 27  
1:00p.m. – 3:00p.m.

Contact Kim Mackay-Pearson to sign up and get the zoom link, (214) 263-1916 or Kimberly.mackaypearson@vnatexas.org

## Kaufman County

***No events planned at this time. Please see information about Zoom grief groups being held in Dallas, Denton and Collin that you are welcome to attend.***

Contact Kevin Moore for information in the Kaufman area (972) 962-7500 or moorek@vnatexas.org

# Grief Resources for Winter 2021

VNA bereavement events provide an opportunity for bereaved individuals to meet with others who understand loss and learn more about helping themselves. We will resume our in-person grief events when our medical staff deems it safe to do so. We are holding some on-line Zoom Grief Groups. **Please reach out to your Bereavement Coordinator for more information or support.**

**Dallas:** Sue Rafferty – 214-689-2922 | rafferts@vnatexas.org

**Collin:** Susan Bryan – 214-733-5543 | bryans@vnatexas.org

**Denton:** Kimberly Mackay-Pearson – 214-263-1916 | Kimberly.mackaypearson@vnatexas.org

**Kaufman:** Kevin Moore – 972-962-7500 | moorek@vnatexas.org

## Online Grief Support Groups

[www.faithandgrief.org/gatherings](http://www.faithandgrief.org/gatherings) – A local faith-based organization that is currently holding online grief meetings.

[www.griefshare.org](http://www.griefshare.org) – A faith-based grief program that uses video lessons and discussion groups. Many of its groups are being done online; check their website to find ones near you.

<https://www.thewidowsjourney.org/> – Dallas organization for widows that holds support meetings online.

## Helpful Websites for Loss and Grief

[www.psychologytoday.com/us/basics/grief](http://www.psychologytoday.com/us/basics/grief) – Listing of private practice counselors and therapists in your area who specialize in grief and loss (VNA doesn't endorse these, but is only sharing this website info if it is helpful to you)

[www.aftertalk.com](http://www.aftertalk.com) – Website with articles, blog, resource center, and an "ask Dr. Robert Niemeyer" column, with space for writing private conversations to loved ones and archiving memories

[www.centerforloss.com](http://www.centerforloss.com) – Links to books and articles by grief counselor and educator Alan Wolfelt, PhD.

[www.grief.com](http://www.grief.com) – Website with videos and info from grief expert and educator Dr. David Kessler.

[www.thegrieftoolbox.com](http://www.thegrieftoolbox.com) – A place for grief tools, where people can find the grief resources they need. Includes links to articles, videos, support group finder.

[www.whatsyourgrief.com](http://www.whatsyourgrief.com) – Website about many aspects of coping with grief

[www.widownet.org](http://www.widownet.org) – Information and self-help resources for widows and widowers, discussion boards.

[www.griefhealing.com](http://www.griefhealing.com) – Website with extensive quotes/poems section, articles on loss and pet loss, discussion groups.

[www.healgrief.org](http://www.healgrief.org) – Social support network providing resources and support for coping with grief.

[www.opentohope.com](http://www.opentohope.com) – Online resource center that includes community forums and articles, podcasts, and videos on a wide variety of grief-related topics.

[www.ourhouse-grief.org/grief-pages](http://www.ourhouse-grief.org/grief-pages) (has Spanish resources) – Grief articles in English and Spanish

[www.connect.legacy.com](http://www.connect.legacy.com) – Online support groups, articles, blogs, resources, and more.

[www.forums.grieving.com](http://www.forums.grieving.com) – Forums for different kinds of losses and grief issues.

[www.hubpages.com/health/grief-loss-bereavement](http://www.hubpages.com/health/grief-loss-bereavement) – Extensive website about grief and loss with many links to grief-related articles.