

Please Note: It is important that your loved one receive quality care. The information is based on the provider's description of their own services. We cannot guarantee, endorse, or recommend any provider listed and the information may change without notice. This is an informational list only and we update it regularly. Through our 24-hour Helpline and Care Consultation program, we have the skills to coach you on how to use these resources and how to make them successful for your situation. We can help you know when it's relevant and how to be a good consumer of the resource. Call one of our experts today. Furthermore, if you notice any resource listed with inaccurate information, please let us know.

Grief Support Groups serving Missouri

| Agency Name / Address / Phone | Contact Person | Fee | Meeting Time | Description |
|--|---------------------------|------|---|--|
| Coping With Grief and Loss (AARP) (866) 389-5627 | www.aarp.org/griefandloss | None | On-Line Information | Information and resources for bereaved persons and their families, professionals and the media. |
| Day by Day Grief Support Group for Adults 3031 North Ballas Road Saint Louis, MO 63131- (314) 997-5057 | Mary Schrader | None | Call for information | Provides information and resources for bereaved persons and their families, bereavement professionals, and the media. |
| Grief Support Group (AARP) Bridgeton Trails Library 3455 McKelvey Road Bridgeton, MO 63044- (314) 344-7080 or (314) 344-6873 | Chaplain David Boyle | None | 3rd Tuesday 11:30am-1:00pm | Meetings that are led by experienced health care professionals, which are designed to provide mutual support to grieving families. No pre-registration required. |
| Grief Support Group (Heartland HH Care and Hospice) 12101 Woodcrest Executive Drive, Suite 102 Saint Louis, MO 63141- (314) 453-0990 or (636) 327-4018 | Bereavement Department | None | Quarterly, 6 week sessions in March, June, September and December, 1:30pm-3:30pm | These groups are for anyone who has experienced a loss. Focus is on understanding the grief process through grief education and emotional support in a small group setting. Groups are open to the community at large. Call for specific dates and registration. |
| Grief Support Group (Jefferson Memorial Hospital) Highway 61 South Crystal City, MO 63019- (636) 933-1325 | Chaplain Heck | None | 1st and 3rd Mondays 1:00pm-2:30pm | For a person experiencing a significant loss. No pre-registration is required. |

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| Grief Support Group (LSS Hospice) - Ballwin 1 Meramec Bluffs Drive Ballwin, MO 63021- (314) 446-2386 | Reverend Patrick O'Neal | None | 1st Monday of every month from 7 PM - 8:30 PM | When you have experienced the loss of a loved one, one of the first steps toward healing is finding common ground with others in your situation. Talking about your challenges and sharing memories of the past in a grief support group can help you recover. Sessions are open to the public and all are welcome to attend. Please call for location of meeting room at the community. |
| Grief Support Group (LSS Hospice) - Des Peres St. Paul's Lutheran Church, 12345 Manchester Des Peres, MO 63131- (314) 446-2512 | Linda Jurging-Pereda, MSW | None | 2nd Wednesday of every Month (Call for Time) | When you have experienced the loss of a loved one, one of the first steps toward healing is finding common ground with others in your situation. Talking about your challenges and sharing memories of the past in a grief support group can help you recover. Sessions are open to the public and all are welcome to attend. Please call for location of meeting room at the community. |
| Grief Support Group (St Anthony's Medical Center) 10010 Kennerly Road Saint Louis, MO 63128- (314) 525-1999 | | None | 4th Tuesday 1:00pm-2:30pm | Support group for people experiencing the loss of a spouse, parent, child, or significant other. No pre-registration required. Please call to find meeting room. |
| L.I.F.T. (Living Information For Today) 6464 Chippewa Saint Louis, MO 63109- (314) 832-7770 | Diana Pennington | None - only cost of lunch | 4th Tuesday at 11:30 at Holiday Inn South Cty Ctr. Call for information. | LIFT is an organization that provides monthly luncheons and travel programs for widows and widowers with an opportunity for members to share stories, challenges, triumphs and smiles. |
| Life After Loss (SSM Hospice) 2 Harbor Bend Court, Suite 201 Lake Saint Louis, MO 63367- (636) 695-2050 or (636) 695-2054 | Katie Taggart | None | Twice a year; In Spring and in Fall. | Please call for latest info. Group has been geared toward individuals who have experienced a significant loss. |

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|---|----------------|------|--|---|
| Mercy Friends - Mercy Hospital St. Louis 615 South New Ballas Road Saint Louis, MO 63141- (314) 251-6470 | Pastoral Care | None | 2nd and 4th Wed. 7:00pm-8:30pm | No pre-registration is required to attend this on-going support group geared toward persons grieving due to a significant loss. |
| Mercy Hospice St. Louis 1000 Des Peres Road, Suite 200B Saint Louis, MO 63131- (314) 729-4410 | | None | Call for information - group times alternate each quarter on Mondays | Quarterly series of 8 sessions held on Mondays. Groups closed to new members after the second session. Group time alternates each quarter from 1-3 p.m. OR 5:00-7:00 p.m. We also offer a quarterly grief support group in Washington, MO. Pre-Registration is requested. Please call for registration and for further information. |
| Pathways Community Hospice 14805 North Outer 40 Road, Suite 160 Chesterfield, MO 63017-2026 (636) 733-7399 | Kathy Myers | None | 1st and 3rd Monday 1:00pm-2:30 pm | Meets in Suite 160. Coping with Loss of a Partner is an ongoing monthly Support Group. Please pre-register with group facilitator. |
| SSM Widowed Grief Support Group Kirkwood United Methodist Church, 201 West Kirkwood, MO 63122- (314) 962-0081 | Helen Gennari | None | 1st and 3rd Sundays at 1:30PM (Room 207) | To help newly widowed heal, become whole, and find meaning in life again. |