Hotlines and Crisis Numbers

- National Hopeline Number: 1-800-SUI-CIDE (784-2433)
- Long Island Crisis Center : 516-679-1111
- The Samaritans of NY Suicide Prevention Hotline: 212-673-3000
- Covenant House National Nineline Hotlines (General crisis hotline):1-800-999-9999
- LifeNet: 1-800-LIFENET (543-3638) (**www.800lifenet.com**)
- Response of Suffolk County (for any crisis): 631-751-7500
- Poison Control, Nassau County: 516-542-2323

Loss Organizations and Grief Websites

- Alive Alone (**www.alivealone.org**)
- Bereaved Parents of the USA (**www.bereavedparentsusa.org**)
- Center for Loss and Renewal (**www.lossandrenewal.com**)
- Center for Loss in Multiple Birth (CLIMB), Inc. (**www.climb-support.org**)
- Centering Corporation (**www.centeringcorp.com**)
- Compassionate Friends (**www.compassionatefriends.org**)
- First Candle (**www.firstcandle.org**)
- Grief Haven (www.griefhaven.org)
- Griefnet.org (**www.griefnet.org**)
- Grief Loss Recovery (**http://grieflossrecovery.com/cms/**)
- Grieving Child Organization (**www.grievingchild.org**)
- Living With Loss (**www.livingwithloss.org**)
- Miss Foundation (http://missfoundation.org)
- The National Center for Grieving Children and Families (**www.dougy.org)**
- Open to Hope (www.opentohope.com)

- Parents of Murdered Children (**www.pomc.com**)
- ShareGrief.com (**www.sharegrief.com**)
- The Shiva Foundation (**www.goodgrief.org**)
- Survivors of Suicide (**www.survivorsofsuicide.com**)

- The Grief Tool Box (www.thegrieftoolbox.com)
- Tragedy Assistance Program for Survivors (**www.taps.org**)
- Twinless Twins (**www.twinlesstwins.org**)

Other Long Island Support Groups

- **The Brook House: Brookhaven Memorial Hospital Hospice** (**www.brookhavenhospital.org**)

This hospice based in Patchogue, Long Island offers bereavement groups for adults and children in Suffolk County only, including young widows/widowers, adults grieving loss of parents or grandparents, survivors of suicide and others. No fee.

- **Calvary Hospital/Hospice**

Offers sibling bereavement support groups on Wednesday evenings at Calvary Hospital in the Bronx. Anyone interested must call and schedule an intake sesssion before registering. Please contact Kristen Finneran, MS, at 718-518-2270 or kfinneran@calvaryhospital.org. No fee. Also offers young spouse group, teen bereavement group, a men's group, and a group for parents whose adult child has died (Mondays, 11am-12:30pm in the Bronx).

- **Compassionate Friends - Long Island Chapters** (**www.compassionatefriends.org**)

This national organization has local chapters with meetings in the following Long Island towns: Babylon, East Quogue, Manhasset, Medford, Rockville Centre, and Syosset. For additional information about Compassionate Friends, contact the National Office or phone 630-990-0010 or (toll-free) 877-969-0010.

- **East End Hospice** (**www.eeh.org**)

This hospice based in West Hampton Beach offers bereavement counseling for children, for men, for families and loved ones of AIDS patients. Groups are primarily for adults, not specific on loss. 12 weeks of focused support with goals set. Bereavement care programs are offered to church groups, therapists, and other civic organizations. In addition, run bereavement camp for children of all ages on Shelter Island .

- **Good Shepherd Hospice - Long Island Locations** (**http://goodshepherdhospice.chsli.org/**)

This hospice offers ongoing (weekly) groups for adults - loss of spouse, parent and general loss - at Mercy Hospital (Wed. evenings) and at their center in Port Jefferson (Wed. afternoons). Individual and family counseling available in both Melville and Port Jefferson. Call 631-465-6300 for more information.

- **Guardian Angels Perinatal Support - Long Island Locations** (http://www.stkilian.com/gaps/)

Holds support group meetings for those suffering from perinatal (pregnancy and infant)

loss in Farmingdale, NY on the first Friday of the month. Also offers telephone support at (516) 249-8589.

- **Hospice Care Network** (**www.hospicecarenetwork.org**)
  The Hospice Care Network offers bereavement programs (8 weeks) for adults and children ages 4-18. Programs are free and open to the community. Pre-registration required.
- **Joe's Project - support group in Suffolk Co. for survivors of suicide** (http://legis.suffolkcountyny.gov/po/joesproject.pdf
)
  New suicide response program offered by the Family Service League with funding from the Suffolk Co. Legislature. Call 1-888-375-2228 for more information.
- **The Neighborhood House (TNH)** of Sayville, Founder and CEO is Michelle Virga. 631-589-0055
. Email:
info@tnh-hope.org
. Website:
Tnh-hope.org
Support groups for children and adults grieving the loss of a family member or loved one with special groups designated for those grieving death by suicide or overdose, loss of partner, and parental loss of a child. Community Awareness workshops on suicide prevention and response, drug and alcohol awareness, social media issues and guidelines for parents, as well as general information about normal grieving.

- **Parents of Murdered Children, Inc. - Long Island NY Suffolk County Chapter** (**www.pomc.org/nysuffolkcounty**
)The Long Island/Suffolk County Chapter of Parents Of Murdered Children, Inc. meets on the 2nd Sunday of every month from 2 - 4 p.m. at Mather Hospital, 75 North Country Road, Port Jefferson, NY.
- **The Cohen's Children's Medical Center of NY - Center for Hope** offers individual and groups counseling for parents who have lost a child, individual and group counseling for children, and family crisis intervention. For more information, call Susan Thomas, LCSW, Bereavement Coordinator, at 718/516-470-3123.
(
http://69.18.159.216/center_hope_helpus.html
)
- **Visiting Nurse Service Hospice of Suffolk** (**www.visitingnurseservice.org**)Serves Huntington township to Brookhaven township. Offers bereavement groups for parents and children. Offer children groups for ages 5-12, teenage groups (if there are enough teenagers). Adult bereavement groups geared toward hospice families, but if room, do accept outside

members.

For a complete list of bereavement groups on Long Island, please visit http://www.holyroodcemetery.org/ and click on "Bereavement." The listing for "Support Groups Available Now" is frequently updated.

Peri-Natal Loss Groups on Long Island

- **Center for H.O.P.E., Cohen's Children Medical Center**, Nassau County: **New Hyde Park, NY.** Contact: Susan Thomas, ACSW (516) 470-3123, sthomas@lij.edu

- **Good Shepherd Hospice**, 245 Old Country Road, **Melville**, **NY** 11747. Contact:(631) 465-6363, Roger Sullivan, Director of Access, email: roger.sullivan@chsli.org , http://goodshepherdhospice.chsli.org . Offers peri-natal loss groups.

- **Hospice Care Network** of **Woodbury & Bay Shore, NY** – offers individual counseling for peri-natal loss. Contact: 516-832-7100.

- **Little Angel Fund**, Jenny & Joseph Tanfaglia, **Selden, NY.**Offers support to parents of seriously ill or premature infants in NeoNatal Intensive Care Unit. Offers help and support to bereaved parents.Contact: (631)736-2512 or www.littleangelfund.org .

- **North Shore/LIJ**,Neonatal Bereavement Support Group.270-05 76th Avenue, **New Hyde Park**, **NY** 11040, Contact: Mona Bokat (718/516)470-3443,Main Phone: (718/516)470-7540 (Department of Social Work Services),Web Address:

www.northshorelij.com

- **North Shore University Hospital,** 300 Community Drive, **Manhasset, NY**, Perinatal Support(miscarriage, stillbirth and infant death), offers 8-10 weeks support groups Contact: Nancy Berlow. LCSW (516) 562-8422

- **North Shore University Hospital**,Perinatal Bereavement Support Group, Location: **Manhasset, NY**
, Monti Classroom. Meets: Participants must call first. Runs for 8 consecutive weeks from 7:30-9:00 pm. Contact: Patricia Lundy (516) 562-8538

- **Pregnancy & Infant Loss and Infertility Support– Hicksville**, **NY:** Private counseling and support groups.Contact:516-356-7109.
http://longislandpregnancyandinfantloss.com
. Nancy Berlow.
(Usually refers out to groups).

- **St. Killian Parish**, **Farmingdale, NY**, 485 Conklin St. (aka NY 24), Guardian Angel Perinatal Support Group, (support for miscarriage, stillbirth and infant death), meets 1st Friday of every month, 7:30 pm, Parish Center in Church Basement Contact: Martha Weiss (516) 249-8589 (24 hour answering machine); martyk9@optonline.net

- **St Mary Parish, East Islip,NY**, 20 Harrison Ave., General Bereavement(all losses) and Perinatal Loss(miscarriage, stillbirth and infant death) Aftercare Program, Young widows Group and Rainbows program Contact: Eileen Bowden (631) 581-1012 or Sister Patricia Tippen 631 581-4266 Ext 134
- **Stony Brook University School of Social Welfare**, **Stony Brook**, **NY**101 Nicolls Road,11794. The Sudden Infant and Child Death Resource Center offers a supportive environment/resources to those affected by SIDS. Contact: 631-444-3690 or 800-336-7437, www.stonybrookmedicalcenter.org/sids
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- **Winthrop University Hospital**,**Mineola**, **NY -** 259 First St. Contact: (516) 663-2288 or (516) 742-2934 Anna Orologio, A.C.S.W. We provide support groups for AHC (A Heartbreaking Choice, to end a pregnancy) and individual counseling.

- **Winthrop University Hospital**, Fetal Demise and Peri-natal Bereavement Support Group, perinatal loss. **Mineola, NY.** Contact: 1-866-WINTHROP Margaret Fusco, LMSW (516) 663-9363

- **Winthrop University Hospital**, **Mineola, NY**.This support group is for parents who have experienced the loss of a child secondary to miscarriage, stillbirth, fetal demise or infant death.Contact: 1-888-53-WOMEN.

Loss of an Unborn Child:

- **Grief Watch - Perinatal Loss: www.griefwatch.com**

- Pat Schweibert, Portland, OR: pat@tearsoup.com; Strong and Tender: order@griefwatch.com;
- We Were Gonna Have a Baby, but We Had an Angel Instead: order@griefwatch.com

- **HIGHFIVEMAX.BLOGSPOT.COM: highfivemax@gmail.com**

- Angel Babies - Messages from Miscarried and Other Lost Babies: www.PatriciaMcGivern.com
- Share Pregnancy and Infant Loss Support: www.nationalshare.org
- Faith's Lodge-Grief Retreat: www.faithslodge.org
- Infants Remembered in Silence IRIS: Irisremembers.net
- Carrie Bears - "When it's hard to let go, it helps to have something to hold onto": www.carriebears.com

Psychiatrists, Psychologists and Social Workers

- Association for Advancement of Behavior Therapy: 212-647-1890 **(www.aabt.org**)
- American Psychiatric Association: 888-357-7924 (**www.psych.org**)
- American Psychologist Association: 800-964-2000 (**www.APA.org**)
- New York State Psychological Association: 800-445-0899 (**www.NYSPA.org**)
- National Association of Social Workers (NY branch): 212-668-0050

(**www.naswnyc.org**)
- Suffolk County Psychologists: **suffolkpsych.org**

Books

COPE has created a Kindle Book in order to help parents handle their giref, called COPING WITH THE LOSS OF A CHILD: Strategies for Living with Loss and How Friends Can Help.

The Kindle Book is available on Amazon and can be ordered by clicking here .

- * *A Grace Disguised - How the Soul Grows Through Loss* by Gerald Sittser
- * *Good Grief: Healing through the Shadow of Loss* by Deborah Coryell
- * *Many Lives Many Masters* by Dr. Brian Weiss
- *One Last Time* by John Edward
- *Only Love is Real* by Dr. Brian Weiss
- * *Signals* by Joel Rothchild
- *Talking to Heaven* by James Van Praagh
- *The Seat of the Soul* by Gary Zukav
- *To Heal Again* by Rusty Berkus
- * *A Time to Grieve* by Carol Staudacher
- * *Walking in The Garden of Souls* by George Anderson
- *The Blessing of a Broken Heart* by Sherri Mandell
- *The Wheel of Life* by Elizabeth Kubler-Ross
- *The Death of a Child...Reflections for Grieving Parents*, by Elaine Stillwell
- *Beyond Tears... Living After Losing a Child* by Ellen Mitchell
- *Dear Parents, Letters to Bereaved Parents*, a Centering Corporation Resource
- *Living When a Loved One Has Died*, by Earl A. Grollman
- *Healing After Loss... Daily Meditations for Working Through Grief*, by Martha Whitmore Hickman
- *We Plan, God Laughs*, by Sherre Hirsch
- *Gili's Book... A Journey Into Bereavement for Parents and Counselors*, by Henya Kagan (Klein)

- *The Bereaved Parent,* by Harriet Sarnoff Schiff
- *How to Go on Living When Someone You Love Dies,* by Therese A. Rando, PhD
- *Against the Dying of the Light... A Parent's Story of Love Loss and The Light*, by Leonard Fein
- *Living with Loss, Healing with Hope,* by Rabbi Earl A. Grollman
- *Healing Hearts* by Hisashi Nikaidoh and Janis Leibs Dworkis

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* COPE Member Favorites

Books Related to Children's Grief

- *Help for The Hard Times: Getting Through Loss* by Earl Hipp
- *How It Feels When a Parent Dies* by Jill Krementz
- *Talking About Death: A Dialogue Between Parent and Child* by Earl A. Grollman
- *Straight Talk About Death for Teenagers* by Earl A. Grollman
- *When A Friend Dies: A Book for Teens About Grieving & Healing* by Marilyn E. Gootman, Ed.D.
- *My Many Colored Days* by Dr. Seuss
- *The Grieving Child: A Parent's Guide* by Helen Fitzgerald
- *Beyond the Innocence of Childhood Volumes 1, 2, and 3* by D.W. Adams and E.J. Deveau (editors)
- *Helping Children Cope with the Loss of a Loved One: A Guide for Grown-ups* by William C. Kroen, Ph.D.

- *The Tenth Good Thing About Barney* by Judith Viorst
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasney Brown and Marc Brown
- *School Crisis Survival Guide* by Suni Petersen and Ron L. Straub
- *Hope For Bereaved* by Therese S. Schoeneck
- *When Someone Very Special Dies, When Something Terrible Happens, and Drawing Out Feelings Facilitator Guide* by Marge Heegaard
- *You Are Not Alone* by Lynne Hughes

- *Bereaved Children and Teens* by Earl A. Grollman
- *Grief Relief: Creativity, Teens and Loss* by Laraine D. Gordon-Holdsworth (attached)
- *Helping Teens Work Through Grief* by Mary Kelly Perschy (Kindle Edition - Mar 20, 2007) - Kindle Book
- *Teens, Loss, and Grief: The Ultimate Teen Guide (It Happened to Me)* by Edward Myers (Paperback - Oct 25, 2006)

- *You Can Get There from Here: Journaling Through the Grief, a Guide for Teens and Young Adults* by Leah Hawley
- *When A Friend Dies: A Book For Teens About Grieving & Healing* by Marilyn E. Gootman and Pamela Espeland (Paperback - April 2005)

- *Helping Teens Cope with Death* by Dougy Center for Grieving Children (Paperback - Mar 10, 1999

Angel Catcher: A journal of loss and remembrance by Kathy Eldon and Amy Eldon Turteltaub

Bereavement Camps

- Bob Sweeney's Camp H.O.P.E., www.bobsweeneyscamphope.org
- Camp Compass, with the Calvary Hospital, sschachter@calvaryhospital.org
- Camp Erin/Moyer Foundation, http://www.moyerfoundation.org/programs/camperin.aspx

- Camp Good Grief, www.campgoodgrief.org
- Center for HOPE at Schneider Children's Hospital, www.schneiderchildrenshospital.org/center_hope.html
- Comfort Zone Camp, www.comfortzonecamp.org
- Hospice Care Network Bereavement Camp, www.hospicecarenetwork.org
- Menorah Home & Hospital in Brooklyn, mmuesawa@mjhs.org
- Time for Teens Retreat, www.time4teens.org

For additional resources and referrals, including Long Island social workers, psychologists, or other therapeutic service contacts, please contact Karen Flyer, Executive Director at 516-484-4993 or karen@copefoundation.org .