

Grief Share

<https://www.griefshare.org/>

Grief Share groups meet weekly to help you face coping with the loss of a spouse, child, family member, or friend.

**Grief Share groups are now meeting online*

NJ Mental Health Cares Helpline

1-866-202-HELP (4357)

For those concerned about their mental health, the mental health of someone they love, or someone who just needs a safe place to talk about their anxieties in this uncertain time. The helpline is available from 8 a.m. to 8 p.m. seven days a week for free, confidential support by live trained specialists.

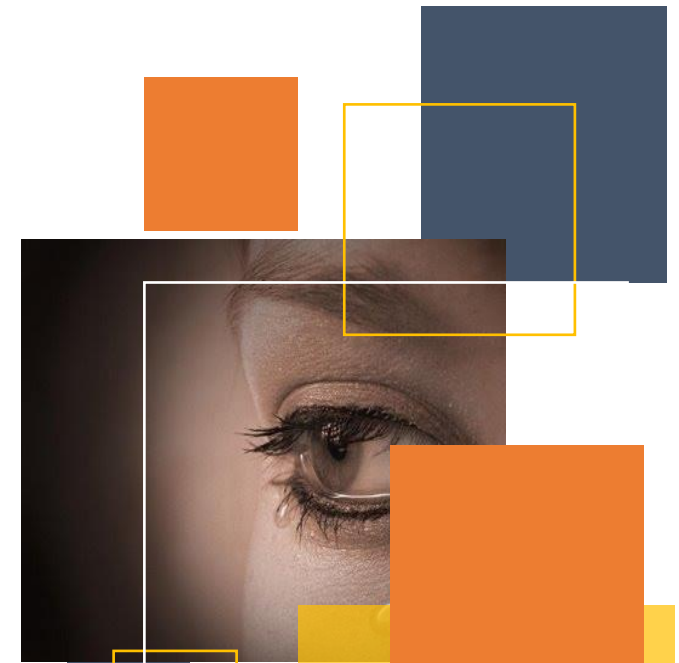
Imagine: A Center for Coping with Loss

www.imagenj.org

Provides free, virtual peer support groups for children, teens and young adults 3-30 and their parents who have experienced the death or illness of a parent or child. Families in need of support can contact Imagine to set up a virtual orientation and to join a support group. We can be reached at [908-264-3100](tel:908-264-3100) Monday – Friday from 9 AM – 5 PM.

Dealing with Grief & Loss *A Guide for Virtual Resources*

Have you lost a loved one recently? Are you feeling sad and have nowhere to turn? Are you open to expressing your feelings and going through the grieving process virtually? If you answered yes to any of these questions, then the resources indicated in this brochure may be of help to you.



Covid-19 Grief Support Resources

7 Stages of Grief

(Modified Kubler-Ross Model)

Shock*

• Initial paralysis at hearing the bad news.

Denial

• Trying to avoid the inevitable.

Anger

• Frustrated outpouring of bottled-up emotion.

Bargaining

• Seeking in vain for a way out.

Depression

• Final realization of the inevitable.

Testing*

• Seeking realistic solutions.

Acceptance

• Finally finding the way forward.

*This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.

Comfort Zone Camp

www.comfortzonecamp.org

Comfort Zone Camp is a nonprofit bereavement organization that transforms the lives of children who have experienced the death of a parent, sibling, or primary caregiver. Our programs are free of charge and include confidence building activities and age-based support groups that break the emotional isolation grief often brings. Comfort Zone's programs are offered to children ages 7-17, and their families. We also offer young adult programs for 18-25-year olds held year-round across the country.

**Comfort Zone Camp is offering virtual camps, programs, and events.*

Good Grief

<https://good-grief.org/>

908.522.1999 x8012

Good Grief provides peer support programs for children, teens, and young adults who have lost to death either a parent, sibling or a grandparent who was a part of the child's daily life. We also provide peer support groups for the parents of the children and teens. Our program is not therapy or counseling; rather, it is sharing with others who have experienced loss to death in groups facilitated. Our programs run from September through the end of June. All services are free to families.

**Due to the pandemic, we are offering virtual groups. These groups will run throughout the summer.*



**“You can do the IMPOSSIBLE, because you have been through the UNIMAGINABLE”
- Christina Rasmussen**

C-Line Community Outreach Services

C-Line Counseling provides the following Pandemic Resource Services:

- Anxiety
- Depression
- Grievance
- Behavior Assistance
- Substance Abuse Recovery Support
- Medically Assisted Treatment (MAT)
- Mental Health Assessments
- Recovery Support
- Anger Managements
- Group Therapy
- Family Therapy
- Case Management
- Mentoring Programs Adult /Adolescents (Ages 8 – Adults)

****FOR FREE REFERRALS CONTACT
JAMIE BLAND 24 Hour Crisis Line
973.782.4726***