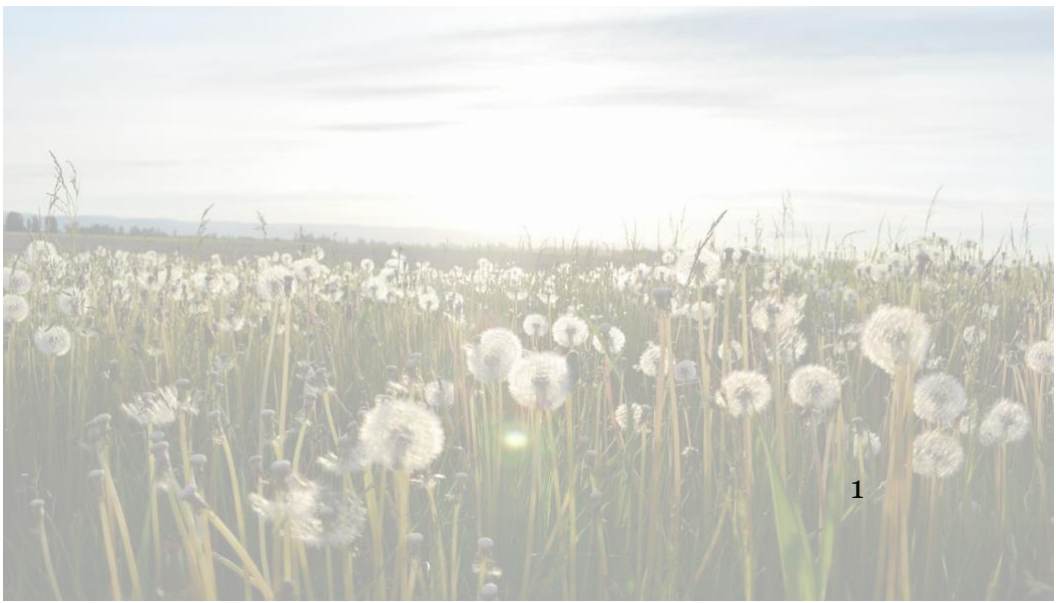


Guide to Grieving Support
Resources in Lee & Collier Counties

 Legacy OptionsSM

Naples • Bonita Springs • Fort Myers



The death of a loved one – whether it be a spouse or significant other, child, parent, grandparent, even a friend or colleague – can be an emotionally difficult and complex process to go through.

The grieving process can vary from person to person and is not a linear step-by-step process we can just run through. It can ebb and flow like a river, being overwhelming and all-consuming one day and relatively manageable the next.

Losing someone close to us is a life-altering event with huge emotional impacts. The feelings following the death of a loved one aren't those we can just "get over" or "snap out of". We encourage you to remember that and try not to expect that of yourselves and of others.

We need to be kind to ourselves and ask for support when we need it. Remember, you are not alone. There are resources available for those who have lost a loved one, such as support groups, counseling, and guides.

In the following pages, we have included resources for you in Lee and Collier counties, as well as online.

We've included information on coping with grief, the grief process, and a checklist for what to do when a loved one passes.

Guide to Grieving Support Resources in Lee & Collier Counties

AVOW

Founded in 1983, AVOW's Grief Loss Support Programs help provide understanding, acceptance, and gentle guidance. They provide groups in person on their campus or virtually through Zoom, regardless of if your loved one was an AVOW patient or not.

239-261-4404 • 888-484-2869

bereavement@avowcares.org

No Cost • AVOWcares.org

HOPE

Hope Healthcare provides many different services for grieving and bereavement, for all situations. They provide grief support groups online via Zoom with daytime and evening groups in English and Spanish. Hope's groups include Adult Groups, Survivors of Suicide, Men's Grief Toolkit, Young Widows and Widowers, LGBT+ Support Group, Loss of a Parent, Bereaved Parents, Perinatal Loss, Children's Grief, Caregivers, Pet Loss, Next Steps in Grief, as well as Crisis Support.

293-482-4673 • 800-835-1673

No Cost • Hopehcs.org/counseling



Project Help, Inc.

“Project HELP provides free and confidential counseling to children and adults who have been affected by loss due to sudden death such as accidental, suicide, homicide or undetermined and suspicious deaths.”

239-649-1404 • 239-208-5338

Crisis Line 239-262-7227

No Cost • ProjectHelpNaples.org

VITAS

VITAS Healthcare provides several support groups and resources for bereaved families. The group topics are wide ranging, including General Support, Spousal Loss, Parental Loss, Seniors and Loss, COVID Loss, LGBTQ+ and Grief, Parents Grieving Young Children, Women and Grief and Men and Grief. Support groups are offered both phoned-in as well as via Zoom in both English and Spanish in addition to many resources.

855-973-9394 • 800-582-9533

No Cost • Vitas.com/family-and-caregiver-support/grief-and-bereavement

Valerie's House

“Valerie's House is the only organization of its kind in the region with the sole mission of helping children grieve the loss of a loved one...The mission of Valerie's House is to help children and families work through the loss of a loved one together and go on to live fulfilling lives. Our vision is that No Child Will Grieve Alone.”

239-841-9186

info@ValeriesHouseSWFL.org

No Cost • ValeriesHouseSWFL.org

The Compassionate Friends

“When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.”

293-690-7801 • National 877-969-0010
info@tcfswfl.org • tcfswfl.org •
No Cost • CompassionateFriends.org

Surviving After a Suicide Loss (Support group of Project H.U.G.S.)

“Our group provides an opportunity to meet others who truly understand, to give and receive support, and to forge enduring bonds of friendship as we learn to move forward with purpose and meaning. We offer weekly support groups in-person and through Zoom and telephone support...The group is open to all adult survivors of a suicide loss and serves Collier and Lee Counties and surrounding area. S.A.S. is not affiliated with any religious creed or denomination.”

293-253-6600
info@SurvivingAfterASuicide.com
No Cost • SurvivingAfterASuicide.com



Guide to Grieving Support Resources Online

Grieving.com

One of the oldest grieving support groups on the internet, the focus of Grieving.com is to provide grief support via community interaction on forums. No Cost • Grieving.com

Grief in Common

Founded by a grief and loss facilitator, Grief in Common provides people with a place to make connections and feel validated with their grief. They have online support, blogs and a live chat feature. Free Membership, Live-Chat Participation Extra • GriefInCommon.com

Bereaved Parents of the USA

Bereaved Parents of the USA was founded in 1995 to offer support, understanding, encouragement and hope after the death of a loved one. They have chapters all over the country to support parents, siblings and families. No Cost • BereavedParentsUSA.org

Grief Support Centers Directory

An interactive directory to help find grief support and resources in any state around the country. No Cost • Live-Evermore.org/Grief-Support-Directory

The TEARS Foundation

“The TEARS Foundation seeks to compassionately lift a financial burden from families who have lost a child by providing funds to assist with the cost of burial or cremation services. We also offer parents comprehensive bereavement care in the form of grief support groups and peer companions.”

No Cost • TheTearsFoundation.org

Grief Healing Discussion Groups

Grief Healing Discussion Groups is a group of Forums for families to discuss various topics surrounding grief, such as Anticipatory Grief, Living with Loss, Tools for Healing, etc.

No Cost • GriefHealingDiscussionGroups.com

The Compassionate Friends

The Compassionate Friends offers two online support options. Support is offered through their Online Support Community live chats for not only general bereavement but also specific sessions, with many different support group offerings most every day at various times for a wide range of topics. They also have private Facebook groups, moderated by bereaved parents, siblings or grandparents.

No Cost • CompassionateFriends.org



Coping with Grief

- **Be Prepared:** Reactions around anniversaries and special dates are normal.
- **Plan a distraction:** Schedule a visit with friends or loved ones during times your likely to feel alone.
- **Reminisce about your relationship:** Focus on the good things rather than the loss.
- **Consider developing new rituals in your daily routine** to stay connected with your loved ones to replace those that have been lost.
- **Allow yourself to feel a range of emotions:** It's OK and normal to feel a sense of loss but it's also important to let yourself feel your wide range of emotions, including joy and happiness.
- **Acknowledge your losses and your feelings of grief:** Find ways to express your grief and find comfort through things like art, gardening, writing, cooking, music or other creative pursuits, or even talking to friends and family.

Grief: Coping with reminders after a loss, Mayo Clinic, 2020
Grief and Loss, CDC, 2021

The Grief Process

KÜBLER-ROSS GRIEF CYCLE

DENIAL

avoidance,
confusion, elation,
shock, fear

ANGER

frustration,
irritation,
anxiety

BARGAINING

struggling to find
meaning, reaching
out to others, telling
one's story

DEPRESSION

overwhelmed,
helplessness,
hostility, flight

ACCEPTANCE

exploring options,
new plan in place,
moving on

**INFORMATION AND
COMMUNICATION**

**EMOTIONAL
SUPPORT**

**GUIDANCE AND
DIRECTION**

When going through grief, it can be helpful to understand the “stages” of grief. While they are referred to as “stages”, they aren’t an ordered sequence we can run through. Instead, they are experiences we go through which can come and go randomly.

University Counseling Center, Grief and Loss: Week Two,
Grand Valley State University, 2021

**What Do I Do When
a Loved One Passes?:
A Comprehensive Checklist**

- 1. Contact the Funeral Home
- 2. Find out about existing funeral and burial plans
- 3. Notify employer
- 4. Provide care for any pets or dependents
- 5. Secure property and home
- 6. Alert any religious, fraternal, or civic organizations
- 7. Locate important documents, such as; Will, Birth Certificate, Social Security card, Marriage License, Military Discharge (DD214), Deeds, Insurance Policies, etc.
- 8. Dispose of any perishables or trash left in the home
- 9. Obituary for newspaper, if desired
- 10. Pause, take some time to grieve, mourn, and self-care
- 11. Forward the mail
- 12. Cancel any medications, prescriptions
- 13. Determine if the probate process will need to take place (if there's no will), pick an executor

- 14. Transfer all vehicles titles
- 15. Notify, close, or forward all accounts (you may need a death certificate), such as; Life Insurance, Banks, Financial Institutions, Credit Agencies, Financial Advisors or CPAs, Utilities, Drivers License and Voters Registration, Credit Cards, Online Banks and Credit Accounts, Insurance Policies, Social Media and Email Accounts
- 16. Update any wills or other documents or accounts containing the decedents name on them
- 17. Send a Death Certificate to all three credit reporting agencies to prevent additional accounts being opened in the decedents name
- 18. If you're a part of the Homestead Tax Exemption, bring a Death Certificate to the Tax Assessors Office for the Widows Exemption \$500.00 property tax credit
- 19. Contact the Social Security office to receive a one-time lump-sum Surviving Spouse Death Benefit of \$255.00
- 20. Register for the DMA "Do Not Contact" list for marketers to remove all names and addresses from all their lists.
- 21. Leave a review for the funeral home

Grief is a normal, difficult process. Grief doesn't follow a timeline and is not the same for everyone. When we are patient with ourselves with our grieving process, that is when we can really work to start to truly heal.

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.” – *Washington Irving*

“Grief can't be shared. Everyone carries it alone; his own burden in his own way.”
– *Anne Morrow Lindbergh*

“Grief changes shape, but it never ends.”
– *Keanu Reeves*”

“You don't go around grieving all the time, but the grief is still there and always will be.”
– *Nigella Lawson*



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LegacyOptions.com

Naples 239-659-2009

Bonita Springs 239-319-1195

Fort Myers 239-219-1195