

Community-Based Bereavement Support Groups

Common Ground Grief Center – Located in **Manasquan**, Common Ground Grief Center provides peer support groups for children and teens who have experienced the death of a parent, primary caregiver, sibling or friend. We know that a safe, caring environment along with being in the presence of other children who have experienced similar losses helps them to feel less alone in their grief and more understood. This, in turn, fosters the healing process. Contact Common Ground Grief Center at 732-606-7477 or <https://www.commongroundgriefcenter.org>.

Good Grief – The mission of Good Grief is to provide unlimited and free support to children, teens, young adults and families after the death of an immediate family member through peer support programs, education and advocacy. Two locations, **Morristown and Princeton**, are available. To contact Good Grief, call 908-522-1999 or check out their webpage at: <https://good-grief.org>.

Mother's Grief Support – The Christopher J. Morrissey Foundation has formed a monthly support group for mothers who have lost a child. Mothers who have lost a child (regardless of age or circumstance) are invited to gather on the second Tuesday of each month, 7:00-8:30 pm at the Wall Municipal Building located at 2700 Allaire Road in **Wall Township** (the Community Room is located downstairs). There is no charge for this support group. The group is being formed as a safe, non-judgmental gathering place for moms to share and listen. Meetings will be co-facilitated by Martha Kalakutok and Kathy Parte, LPC. Both women are caring listeners and have experience with grief counseling. Martha can be reached at mkalakutok65@yahoo.com or 201-321-5761. Kathy can be reached at kathyparte@gmail.com or 732-612-3148.

Compassionate Friends - an organization of volunteers who themselves have lost a child, and they run support groups for people in the same situation. The link above is for their chapter locator. They have over a dozen chapters in New Jersey. The organization is not faith-based, but will respect all of the members' respective sources of strength and hope, and those are shared freely by members.

http://www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx