

Grief Support in Albuquerque and Online – 2023

The Grief Center's Spring & Summer Workshops & Events

Adult Mindfulness Workshop & Labyrinth Walk - Saturday, April 22nd 10am-12:30pm - Engaging in a mindfulness practice can help reduce stress, increase emotional resilience, and lead to better health and well-being. In this workshop we will learn mindfulness and practice some mindfulness techniques. The workshop will conclude with a labyrinth walk. Adults only. Limited to 15-18 participants. Wear comfortable clothing, bring a water bottle, small pillow or mat, hat and sunscreen. Register at:

<https://griefnm.org/event/adult-mindfulness-workshop-labyrinth-walk/>

Webinar Niños en Duelo, Familias en Desconsuelo - Saturday, May 13th 10-11am - Una presentación virtual gratuita de Jade Richardson Bock, Directora Ejecutiva de The Grief Center y coautora de Parenting Through Grief, con el Dr. Craig Pierce. La muerte de un miembro de la familia es un reto en cualquier circunstancia, pero la pérdida traumática conlleva un mayor riesgo de disfunción a largo plazo en la unidad.

<https://griefnm.org/event/grieving-children-grieving-families-webinar-in-spanish/>

Art Night - Wednesday, May 31st 6:00-8:00pm - Creating art can be a very healing experience. It can help bring stuck feelings to the surface or it can be a creative way to remember your person. Join us for an art workshop on Wednesday, May 31st from 5:30-8:00pm. Register at: <https://forms.gle/bijR2T5wVUmnCctS7>

Guided Nature Walk for Teens - Date: Saturday, 6/10 at 9am-12pm - Studies have shown that nature provides a path for reducing stress and anxiety, while also promoting general health and well-being. Join other teens for a forest walk led by Theresa Lewis, a certified Forest Therapy Guide. Register at:

<https://griefnm.org/event/guided-nature-walk-for-teens/>

Family Movie Night: Thursday, June 22nd at 5:00-8:00pm - Watch a movie that deals with family grief at the Grief Center and share in a meal before and conversations afterwards. We Bought a Zoo (Rated PG) This film shows a father and his children coping with the loss of their mother. The film shows how different grief can look among family members. Register at: <https://griefnm.org/event/family-movie-night/>

Kids Zone - Date: Friday, June 14th from 9:00am to 12:00pm - This ½ day workshop is a fun, nature-based creative workshop for 5 – 12 year olds to help them learn about grief and learn ways of coping through nature and art. Workshop will be in person. Register at <https://forms.gle/JqUjAYrEZmL6zhDf9>

Sand Tray Workshop - Saturday, July 22nd - Sand trays are another way to dig deep inside our grief, to find our strengths and increase our resilience. Sand tray work is an effective approach used for people who have experienced a traumatic event. Each participant will have a chance to create their own sand tray. Space is limited - Register at <https://forms.gle/rDt4XMf56SynoGz98>

Back to School Jump Start - Date: August 1st from 6:00pm-7:30pm - This workshop is for children and their guardians to help prepare for a new school year after they have experienced a death - Register at: <https://griefnm.org/event/back-to-school-jumpstart/>

GENERAL LOSS GRIEF GROUPS FOR ADULTS

Tender Hearts Online Grief Support Community @ Grief.com - (serves all adults grieving a death) - <https://www.davidkesslertraining.com/tenderhearts> - weekly online support groups, minimal cost, highly recommended specific-loss groups

Golden Willow Retreat (Serves all adults grieving a death)- Online Zoom Groups (year round) - <https://goldenwillowretreat.org/>

JCC Grief Group (Serves all adults) - Friday's, in person 12-1pm 505-348-4451 - 5520 Wyoming Blvd NE

Grief.com - (serves all adults grieving a death) - online support groups, information

The Dinner Party (Ages 20-45) - The Dinner Party is building a worldwide community of 20 and 40 somethings who have each experienced a death of a parent, partner, child, sibling, family member or close friend. <https://www.thedinnerparty.org/>

GRIEF GROUPS FOR PARENTS WHO HAVE LOST CHILDREN

Compassionate Friends - <https://www.compassionatefriends.org/chapter/greater-albuquerque-chapter/>
This support group meets the 3rd Thursday of each month at Immanuel Presbyterian Church (114 Carlisle Blvd. SE) Chapter meetings are open to all families that have experienced the death of a child, grandchild, or sibling at any age from any cause. Contact Roberta Swanhart 505-908-1736 or Email: albacompfrnds@gmail.com

Peer Support Group for Parents Who Have Lost Children With Special Healthcare Needs and Disabilities
Lead by Lori Steward - (505) 463-5674 or Email: loristeward92@gmail.com

SUPPORT FOR ADULTS WHO'VE EXPERIENCED A DEATH BY HOMICIDE

Grief Services Program/Office of Medical Investigator - 505- 925-0567 or 800-432-5239 - <https://hsc.unm.edu/omi/services/>

Resource Center for Victims of Violent Death - 505-243-2222 - <https://bridgesforvictimsofviolentdeath.org/>

SUPPORT FOR ADULTS WHO'VE EXPERIENCED A DEATH BY SUICIDE

Survivors of Suicide - 505-900-9942 - <https://www.sosabq.org/survivor-support>
Groups online and in-person year round.

Healing Conversations - After a suicide, in addition to the monthly SOS meetings, you may request a trained peer to speak with you by phone or in person. Email: healingsopnm@gmail.com Text: 505-738-3436

Alliance for Hope - Online forum and resources: <https://allianceofhope.org/>

CHRISTIAN-BASED GRIEF SUPPORT GROUPS

Grief Share - Starts in the fall - <https://www.griefshare.org/findagroup>

Share NM Faith Based Grief Support Group - 800-395-5755

SUPPORT GROUPS FOR GRIEVING CHILDREN

SEPTEMBER - MAY

The Grief Center of New Mexico - 505-323-0478 - Grief support groups for children ages 3+ and adults who have experienced a death. Support groups run from September - May. More information at: <https://griefnm.org/>

SPECIFIC SUPPORT GROUPS FOR GRIEVING ADULTS

The Grief Center - 505-323-0478 - Groups from September - May www.griefnm.org

Support Group for Any Loss to Death

Support Group for Adults Who Are Grieving The Death Of a Child

Support Group for Mothers Who Have Experienced Pregnancy or Infant Loss

Support Groups for Men Grieving a Death

Support Group for Spouse/Partner Death

Support Group for Bereaved Young Adults

Support Group for Spanish-Speaking Adults Grieving any Death- Español

988 - Hotline

Suicide & Crisis Lifeline - Provides easier access to related behavioral health crises resources. Call or text **988** and connect with a compassionate behavioral health professional now.

WARMLINES - CALL FOR IMMEDIATE, CARING SUPPORT

Agora Crisis Center: 505-277-3013 - Available from 9am to midnight - <http://www.agoracares.org/>

New Mexico Crisis Access Line: 1-855-662-7474 - Available 24/7 - <https://nmcrisisline.com/>