

# Grief Support Groups in Albuquerque

## Grief Resource Center in Albuquerque

*Moving Forward Peer Support Group for Widows, Widowers, Partners and Significant Others; (2nd Weds/month); 10:30am-12 noon.* For more info call 505-842-7166, or register online at [www.griefnm.org](http://www.griefnm.org). Address: 1113 University Blvd NE, Albuquerque NM 87102.

## Grief & Support Group @ St Mark's Episcopal in Nob Hill

Jude Fournier, a grief counselor & former hospice chaplain, will facilitate a 6-week grief support group beginning Sunday, Jan 12, 11:00am-12:30pm (431 Richmond Pl NE, Albuquerque). Jude uses art, journaling & group sharing as a means of working through grief and loss. The cost is \$25 per person, with scholarships available if needed. The cost covers all art & journal materials for the six weeks. Participants should plan to attend all sessions as each week will build on the week prior. Sign up DUE Jan 5th. Please contact Jennifer Lind ([stmarks@stmarksabq.org](mailto:stmarks@stmarksabq.org)), or Jude Fournier (505-228-3574 or via email [judefournier@aol.com](mailto:judefournier@aol.com), if you have any questions. Note: Support group will not meet on January 26.

## Rio Rancho Grief Recovery

*Every Sunday from 6:30-8:00pm.* Location: The Mesa Club, 4020 Peggy Road SE, Suite J (Rio Rancho NM 87124). This is an open support group for any type of loss. Questions? E-mail to [rrgriefrecovery@gmail.com](mailto:rrgriefrecovery@gmail.com).

## The Compassionate Friends, Albuquerque Chapter (#1384)

*1st & 3rd Thursday of each month, 6:50-8:45 pm.* Location: Immanuel Presbyterian Church, 114 Carlisle Blvd SE, Albuquerque, NM 87106 (one block South of Central & Carlisle, in Nob Hill - park on Silver Street).

## Bereavement Class Series (hospice-based Grief Support Group)

*6 weekly classes (6-7:30pm, Wednesdays) - Winter session starts on January 29.* Location: 4801 Lang Avenue NE, Suite 100, Albuquerque NM 87109. Offered 4X per year. Free of charge & open to the community. To register, and for more info, please call Donnel at 505-332-0847. Akin to a Grief 101 Class, the 6 sessions will cover pertinent topics in grief, such as the Path of Healing, Self-Care, and more. We will listen to each other stories, and see how the topics resonate with our unique experiences. This event is hosted by Compassus Hospice. Light refreshments will be served before each class.

**The Children's Grief Center** The CGC provides support for young people and their families who have suffered the death of a loved one. CGC offers: Peer support for ages 5 to 25, support groups for caregivers, The Losing Library, Volunteer opportunities. All services are provided at no charge to grieving families. Ph: 505-323-0478, Web: [www.childrensgrief.org](http://www.childrensgrief.org), Email: [info@childrensgrief.org](mailto:info@childrensgrief.org). Address: 3001 Trellis DR NW, Albuquerque NM 87107.

## Immaculate Conception Parish

Call Paulette at 247-4271 or 831-4228. While the approach is religious-based, the participants come from all types of background. The service is free. Discussion topic: 5 stages of grief. Address: 619 Copper Avenue, ABQ, NM.

## Grief Share at Sandia Presbyterian Church

Sandia Presbyterian Church, 10704 Paseo del Norte NE, Albuquerque, NM 87122. For more information or to register contact Carolyn at [rjhavlen@yahoo.com](mailto:rjhavlen@yahoo.com). (Cost \$10). 13 session all in all, Fall: from September to December. Winter-Spring: January to April. Wednesdays 1-3 pm.

## Jewish Community Center Grief and Loss Support Group

Grief is a natural process that can often be eased through sharing with others who have experienced the loss of a loved one or any other significant loss. Group meets Fridays, 12 – 1:00 pm at the JCC Conference Room; Offered by the Jewish Community Center; Call Erin Tarica (505) 348-4451 for more information; Free. Address: 5520 Wyoming Blvd NE, Albuquerque, NM 87109.

## Free Grief and Loss Support Group - ages 15 and up

Meets every Monday, 6:00- 7:30 pm. A safe, supportive atmosphere to explore the grieving process. FREE, open to those aged 18 and older. Any type of loss; no commitment to a number of sessions required. Mountain Jay Spirit Medicine @ 12760 San Rafael Ave NE, Suite D, ABQ, NM 87122. Call (505) 278-6342.

## Survivors of Suicide (SOS)

*2nd & 4th Saturdays, 1:00-2:30 pm.* St. Luke Lutheran Church (near Moon), 9100 Menaul Blvd NE, Albuquerque NM 87112. *1st & 3rd Mondays, 7:00-8:30 pm.* Shepherd of the Valley Church, 1801 Montano NW, Albuquerque NM 87107. For more info, go to [www.sosabq.org](http://www.sosabq.org) or [www.afsp.org](http://www.afsp.org).