



Lowcountry Grief Resources



www.BridgesSC.org

Children & Teens Grief Support Groups

- **Sand Dollar Club** — 12-week grief support group provided in local Charleston County schools. For more information, please contact Sarah Eadon, Program Coordinator at sarah@bridgessc.org or visit www.bridgessc.org.
- **MUSC-Bereavement Support Group for Teens**- 8-week support group for teens who have experienced the death of a loved one or those who have a loved one with a life-threatening illness. Held at various times throughout the year at the Mourning to Morning Bereavement Center at Hospice of Charleston. For information, please contact Melvina Pringle, Bereavement Counselor, at [843-529-3100](tel:843-529-3100).

Children & Teen Grief Camps

- **Shannon's Hope** – Weekend camp for grieving children from 6 to 15 years of age. Held at Camp St. Christopher, Shannon's Hope offers an opportunity for children to experience an accepting environment in which they can express and share their feelings about the loss of a loved one. For more information, please contact Sarah Eadon, Program Coordinator, at sarah@bridgessc.org or visit www.bridgessc.org.
- **Camp Happy Days** – Special events for children living with cancer and survivors (siblings & parents) throughout the year in various locations across the Lowcountry. Annually, they host a week-long camp at Camp Bob Cooper in Manning, SC. For more information, please visit: www.camphappydays.org.
- **Camp Hands of Hope** – Camp for grieving children ages 5-18 and their families. Camps are held three times per year (Fall, Winter and late Spring) in various locations (Myrtle Beach, Winnsboro, and Batesburg-Leesville). For more information, please visit: www.camphandsofhope.org/.
- **The Lonon Foundation**—Uplift is a free monthly program designed for children ages 6-17 who have been affected by a parent or caregiver's cancer. Throughout the year, the program meets at various Lowcountry, kid-friendly venues to engage in fun and healthy activities with a community of people dedicated to helping them grow and heal from their experiences. For more information, please visit: <https://www.thelononfoundation.org/uplift>.

BRIDGES FOR END-OF-LIFE LOWCOUNTRY GRIEF RESOURCES www.bridgessc.org

Bridges does not recommend one specific group/resource over another.

Be aware that all bereavement and support groups are continually changing and updating.

****Before attending any groups PLEASE CALL to verify the group is currently running and/or to find more information about upcoming groups****

Updated: 8/2/2018

Adult Support Groups

- **Grief Share**— Multiple locations available throughout the Lowcountry. Visit <https://www.griefshare.org/> and input the zip code for a schedule and locations of the current and future groups. Below are a few locations and times of groups throughout Charleston:
 - **East Cooper Baptist Church (361 Egypt Rd, Mt. Pleasant), Sundays at 9:00 am**
 - **Seacoast Church Summerville (301 E 5th North Street, Summerville), Mondays at 7:00pm**
 - **St. Paul's Anglican Church (111 Waring Street, Summerville), Mondays at 7:00pm**
- **Healing Hearts - Agape Hospice Grief Group** — Groups are held at The Village at Summerville, Agape Hospice. Contact: Donnie Blake, 843-553-7122 for more information.
 - **3rd Thursday of each month at 3:00pm**
- **Journey through Grief** — An **8 week support group** run by Elena Bell, LISW-CP. Held at James McAlister Funeral Home in West Ashley (1620 Savannah Hwy, 29407). For more information or to register, please call: 843-860-4363 or email elenabell47@gmail.com.
 - **Thursdays, 4:30-6:30pm (August 23rd-October 8th)**
 - **Tuesdays, 10:00am-12:00pm (October 4th-December 11th)**
- **Grief Support Group** - Free support group, which is open to anyone dealing with the loss of a loved one. Meets at Trident Hospital (Trident H2U Conference Room). To register, call 843-797-3463.
 - **Every Wednesday from 2:00-3:00pm**
- **Roper St. Francis Grief Support**— Grief support groups held in West Ashley and Mt. Pleasant. For more information, please contact Sarah Varner at (843) 296- 1124 or Margaret Harouny at (843) 906-0117.
 - **Bon Secours St. Francis Hospital (2095 Henry Tecklenburg Dr, 29414), First Tuesday of each month, 6:00-7:30 p.m.** Contact Sarah Varner to register.
 - **Mount Pleasant Hospital (3500 Highway 17 North, 29466), Third Tuesday of each month, 2-3 p.m.** Contact Margaret Harouny to register
- **Writing through Grief** — Opportunity to write thoughts and feelings about grief. Held at the Lowcountry Senior Center (865 Riverland Dr., 29412). Facilitated by retired Chaplain Jan Stanton, MAT. \$5 fee for non-center members. For more information, please call (843) 990-5555.
- **Walking the Mourners Path** — Faith based 8-week program at Mt. Pleasant Presbyterian Church (302 Hibben Street, 29464) in the Parlor (separate building from the church. Facilitated by a trained volunteer, and workbooks cost \$35. For more information, call Andi, church secretary, at (843) 884-4612.
 - **Fall & Spring Sessions, Sundays from 6-8pm**
- **McAlister-Smith Grief Support Groups** - Various grief support groups held around the Charleston Area. For more information, please contact Dana Holtviogt, BSSW, M.Ed, at (843) 810-8810 or visit <http://www.mcalister-smith.com/>.
 - **Lowcountry Senior Center (865 Riverland Dr., 29412), Fridays 10:30am-12:00pm** (Contact Dana Holtviogt, 843-810-8810)
 - **McAlister-Smith Funeral Home (2501 Bees Ferry Rd., 29414), Thursdays 5:30-6:30pm** (Contact Alexis VanderVeen, 843-557-3450)
- **Trident Health** — Ongoing grief support group sponsored by Odyssey Hospice to support anyone dealing with the loss of a loved one. Free to the public. Held at Trident H2U Building (9304 Medical Plaza Drive, North Charleston) For more information or to register, please contact Consult-A-Nurse, at (843) 797-3463 or visit <https://tridenthealthsystem.com/>.
 - **Every Wednesday at 2:00-3:00pm**

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Specialty Adult Grief Support Groups

- **Families of Highway Fatalities** – Peer support and periodic programs sponsored by the SC Department of Public Safety. For more information, please contact them at (803) 896-8171 or visit <http://www.scdps.gov/fhf/>.
- **Bereaved Parents of the USA (BPUSA) - Lowcountry Chapter** – Non-profit, self help, support group for parents, grandparents, and adult siblings who have suffered the death of a child, grandchild or sibling. Meetings are held at the North Charleston City Hall (2500 City Hall Lane, 2nd Floor Break Room, North Charleston, 29406). For more information, contact Herbie Hill at (843) 875-1148 or Ann Wooten at (843) 870-9020. Visit their website at: <http://www.bplowcountry.bpchapter.org/HTML/Home.html>
 - **2nd Monday of the month at 7:00pm**
- **Tender Memories Perinatal Loss Support Group** – Helps men and women deal with grief and depression after losing a pregnancy. This free group, led by obstetric nurses trained in pregnancy bereavement issues is held at the Prenatal Wellness Center (135 Cannon Street, 202). Please call Mary @ 843-792-6395 for more information.
 - **2nd & 4th Monday of each month from 6:30-7:30pm**
- **Survivors of Suicide/Charleston** - The group meets continuously throughout the year at Heartland of West Ashley (1137 Sam Rittenberg Boulevard, Charleston, South Carolina 29407). New members may join at any time. Contact: Charlotte Anderson at 843-693-1343 or Charlotteanderson@coastalcrisischaplain.org
 - **1st & 3rd Wednesdays from 7:00-8:30pm**
- **Survivors of Homicide Support Group** – Call for more information: Charleston County Sheriff's Office - Easter LaRoche at 843-745-2250; MUSC National Crime Victims Center – Alyssa Rheingold at 843-792-8209.
 - **1st & 3rd Thursdays from 1-2pm** — National Cime Victims Research & Trauma Center (67 President St., 2nd Floor –South Entrance)
 - **2nd Thursday from 6:30-8:00pm** — John Wesley UMC (626 Savannah Hwy, Charleston, 29407)
 - **4th Thursday at 6:30pm** — Park Circle Community Center (4800 Park Circle, North Charleston, 29405)
- **“MeetUp” Groups in SC**- Meetup brings people together in thousands of cities. When we get together and do the things that matter to us, we're at our best. And that's what Meetup does. It brings people together to do, explore, teach and learn the things that help them come alive. People can find others willing to talk, help, mentor, and support each other – all in pursuit of moving their lives forward. To find various groups around Charleston, visit <https://www.meetup.com/> and input your zip code or search for a group by interest.