

# Grief and Loss

Supporting Families in Dakota County

There is support for parents and families who have lost an infant, child or a family member.



Losing someone that you love or care deeply about is very painful. You might have a lot of emotions, and it may feel like the pain and sadness you're experiencing will never go away. These are normal reactions to a loss.

While there is no right or wrong way to cope with losing someone, there are healthy ways that, in time, can renew you and help you move forward. These resources can help you work through your grief. It's a sign of strength, not weakness, to seek help.

## Pregnancy and Infant Loss

**Pregnancy and Postpartum** .....612-787-7776

**Support Minnesota**

[www.ppsupportmn.org](http://www.ppsupportmn.org)

Many support groups in the twin cities area for pregnancy loss, stillbirth, newborn and infant death and sudden infant death.

**Bittersweet: Loss of Multiple Birth or Gestation Support** .....952-854-1997

Call or email [kaminskibd@gmail.com](mailto:kaminskibd@gmail.com) for more information and location. No cost.

**Shepherd of the Valley**

**Lutheran Church** ..... 612-207-1722

Apple Valley, MN

[www.sotv.org/support](http://www.sotv.org/support)

A peer-led support group for those having difficulty conceiving or who have experienced miscarriage or loss. All are welcome, individually or as couples.

**United Hospital Support Group** .....651-241-6206

Loss group: While grieving is painful for everyone, the death of a baby represents a very special grief. The natural bond between bereaved parents enables them to support and encourage each other in a unique way. Whether your loss was through ectopic pregnancy, miscarriage, stillbirth or newborn death, please consider joining this group. Pre-registration is requested FREE.

## Support Groups and Resources for Individuals and Families

**All Saints Church**

**Grief Support Ministry** ..... 952-985-9983

Lakeville, MN

[www.allsaintschurch.com](http://www.allsaintschurch.com)

Parish grief support ministry for any and all who are grieving the loss of a loved one, no matter how recent or how long ago.

**Center for Grief, Loss**

**and Transition** ..... 651-641-0177

St. Paul, MN

[www.griefloss.org](http://www.griefloss.org)

Specializes in grief and loss therapy. Accepts Medical Assistance/MN Health Care Programs.

**Compassionate Friends**

**South of the River** ..... 952-432-6351

Apple Valley, MN

[www.sotv.org/support](http://www.sotv.org/support)

For all parents who are grieving the loss of a child of any age from any cause. No cost and no registration needed. Location is at Shepherd of the Valley Lutheran Church.

## Support Groups and Resources for Individuals and Families (continued)

### Fairview Youth Grief Services .....952-892-2111

[www.fairview.org](http://www.fairview.org)

Youth Grief Services is a community service of Fairview which provides a safe and nurturing place where you and your children can turn for help after a loved one dies.

### Growing Through Loss

#### Twin Cities South Suburban..... 651-452-8261

[www.growingthroughlostcsouth.com](http://www.growingthroughlostcsouth.com)

Support for adults who have experienced a loss. Sponsored jointly by The Interdenominational South Suburban Grief Support Coalition (13 churches).

#### Hosanna! Church - Grief Share ..... 952-898-9287

Lakeville, MN

[www.hosannalc.org](http://www.hosannalc.org)

A 13-week session to guide you through your grief.

### Iris Reproductive Mental

#### Health Services ..... 612-548-4266

Burnsville, MN

[www.irisrepro.com](http://www.irisrepro.com)

Family therapist specializing in reproductive mental health. Accepts Medical Assistance.

#### Growing Through Grief ..... 952-993-6299

[www.parknicollet.com](http://www.parknicollet.com)

Growing through Grief is a school support program for children and teens who have experienced the death of a loved one. This program works with various school districts on peer support activities for students (K-12). School districts include Rosemount, Eagan, Burnsville, and Eastview High School.

#### Prince of Peace Grief Support ..... 952-435-8102

Burnsville, MN

<https://popmn.org/mission/support-groups/>

Weekly guest speakers address an aspect of the grief process followed by safe, confidential, Christ-centered support. Small groups are available for those in loss of a parent, sibling, spouse, child or friend.

#### St. Elizabeth Ann Seton Parish ..... 651-437-4254

Hastings, MN

[www.seasparish.org](http://www.seasparish.org)

#### Seasons of Hope: Grief Support For Adults

Group meets for six consecutive weeks. For anyone mourning the loss of a loved one, and may bring a guest.

#### Rainbows: Grief Support for Children

Sensitive, caring, trained adults help children/teens work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family. A non-denominational program, no cost to participate.

## Support Groups for Suicide Loss

### Mary Mother of the Church ..... 952-890-0045

Burnsville, MN

[www.mmotc.org](http://www.mmotc.org)

For adults, meets the 2nd Tuesday and 4th Thursday of the month at 7:00 p.m.

### American Foundation for Suicide Prevention MN Chapter

[www.afsp.org/chapter/afsp-greater-minnesota](http://www.afsp.org/chapter/afsp-greater-minnesota)

Prevention programs and education for the public about risk factors and warning signs. Support to those individuals who have lost someone to suicide.

### Suicide Awareness Voices of Education (SAVE)

[www.SAVE.ORG](http://www.SAVE.ORG)

Suicide survivors grief support groups are available throughout Minnesota, find the locations on-line.



Contact your child's school counselor for additional resources and support.

We suggest you call before you attend a support group for the first time, to make sure that the group is still meeting at the place and time listed.

This list is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.

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