

## LISTING OF A FEW COMMUNITY PARTNERS

### Health Council of Southeast Florida

**HCSEF.ORG**

Improving the health of residents by promoting access to quality health and human services.

### The Health Care District of Palm Beach County

**HCDPBC.org**

*Committed to achieving community immunity.*

### Rebel Recovery

**RebelRCO.org**

Community organization dedicated to providing support and education to those seeking or in recovery.

### Living Skills in Schools

**LivingSkillsInTheSchools.org**

Teaching resilient, informed, and empowered young people to avoid substance temptations.

### Suicide and Crisis Lifeline

**211PalmBeach.org**

Free, confidential, 24/7 helpline that connects individuals in emotional distress or crisis with trained professionals who provide support, guidance, and referrals to local services.

### Trinity Counseling Center

**MyTrinityLife.org**

Assisting individuals struggling with depression, anger problems, anxiety, phobias, bipolar disorder, substance use and chronic pain.



**Florida Department of Health  
in Palm Beach County**



**Local Grief  
Support**

### Families First of Palm Beach County

Nonprofit organization dedicated to strengthening families through prevention, early intervention, and behavioral health programs.

**3333 Forest Hill Blvd., West Palm Beach, FL 33406**

**561-721-2887**

### Center for Family Services of Palm Beach County

Nonprofit providing mental health support and counseling. Programs focus on parenting, substance abuse recovery, and family counseling, ensuring care is available, regardless of financial barriers.

**4101 Parker Ave., West Palm Beach, FL 33405**

**561-616-1222**

### Christ Fellowship Church

Facilitates **GriefShare**, a support group designed to help individuals navigate loss and find healing. Program includes weekly meetings featuring expert insights, personal stories, and guided discussions.

Groups meet for 13 weeks, providing structured support for those grieving the loss of a loved one.

**ChristFellowship.Church/Articles/Griefshare**

### Grief Support Group for Mothers The Broken Angel

Organization dedicated to supporting mothers who have experienced loss. They provide a compassionate space for grieving mothers to connect, share their experiences, and find emotional support to help navigate through the grieving process.

**Meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each Month**

**954-815-3661**

### Florida Department of Health in Palm Beach County

## Grief Support Guide & Resources

Essential community resources to help you and your loved ones through this difficult time.



**PalmBeach.FloridaHealth.gov/Overdose**





## Online Support & Resources

### Compassionate Friends

**[CompassionateFriends.org](http://CompassionateFriends.org)**

Dedicated to supporting families grieving the loss of a child. Through local chapters, online communities, and national events, they provide friendship, understanding, and hope to bereaved parents, siblings, and grandparents.

### Learn to Cope

**[Learn2cope.org](http://Learn2cope.org)**

Peer-led support network offering education, resources, and hope for families affected by substance use disorder. Providing in-person and virtual meetings, overdose education, and Narcan training to support loved ones struggling with addiction.

### My Grief Angels

**[GriefAngels.org](http://GriefAngels.org)**

Provides free online grief support for individuals coping with loss, offering virtual peer-led support groups, grief education, and a community where people can share their experiences.

### 988 Florida Lifeline

**[MyFLfamilies.com/SuicidePrevention](http://MyFLfamilies.com/SuicidePrevention)**

If you or someone you know is experiencing suicidal thoughts, substance use disorder, mental health crises, or any other kind of emotional distress, help is available.

**Call, text, or chat: 988**

# 4 Steps of Coping with Grief

## Express your Emotions

Talk about your feelings with someone. Whether another loved one, a friend, therapist, community aide, or even your primary care physician.

## Give Yourself Time

Healing doesn't follow a timeline.

**Be patient with yourself.**

Avoid Judging your progress by how others grieve.

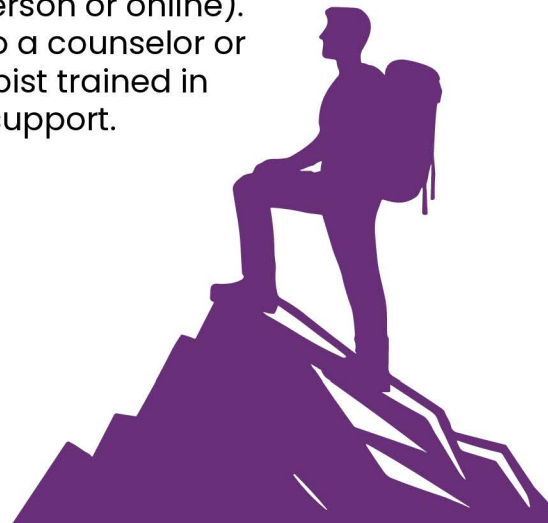
## Take care of your Physical Health

Eat well, sleep enough, and exercise. Your body and mind are connected.

## Seek Support

Join a grief support group (in-person or online).

Talk to a counselor or therapist trained in grief support.



## Understanding Grief

Grief is a natural response to loss. Common emotions experienced include sadness, anger, guilt, anxiety, confusion, and shock.

## Stages of Grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

*Grief carves a hollow in the heart so wide, but from its echo, strength and love abide.*

