

# Bereavement Support Resources in Ventura County

## **CAMARILLO**

### **Camarillo Hospice** <http://www.camarillohospice.org/counselingservic.html>

Free of charge; various support groups available  
Contact for additional information: 805-389-6870

## **OJAI**

### **HELP of Ojai**

Adult Bereavement Support Group (via Livingston Memorial VNA and Hospice)

Meets on Tuesdays, 2:30-4:00PM - 111 W Santa Ana St

Contact for additional information: 805-646-9752

Bereavement group for widows and widowers

Contact for additional information: 805-642-0239

For students <http://www.helpofojai.org/what-we-do/programs/student-bereavement>

Counseling services for students (kindergarten through high school)

Contact for additional information: 805-646-5122

## **OXNARD**

### **St. John's Regional Medical Center**

Adult bereavement group

Six-week trial series: May 9 to June 13, 2011 (no May 30 session)

Meets on Monday evenings, 5:30-7:00PM

Free of charge

Contact for additional information: 805-988-2891

## **SANTA PAULA**

### **Santa Paula Hospital and Assisted Home Hospice**

Healing After Loss

Meets on Tuesdays, 3:00-4:30PM

Contact for additional information: Diana Trent, 805-677-7405

## **SIMI VALLEY**

### **Simi Valley Senior Center**

Widow and widowers support group

Meets on Fridays, 10:30AM-12:00PM

Contact for additional information/prior to first meeting: 805-495-2145

TLC Bereavement Support Group

Meets on first and third Thursdays of each month, 9:30-10:30AM -3900 Avenida Simi

Contact for additional information: 805-583-6363

## **THOUSAND OAKS**

### **Amyra Braha** -Certified Grief Counselor

Private and group sessions serving Los Angeles and Ventura Counties

Private pay

Contact for additional information: 805-377-8040

**Ascension Lutheran Church**

Grief Share

Meets on Friday, 12:30PM; Saturday, 7PM - 1600 Hillcrest Dr.

Contact for additional information: 805-495-0406

**California Lutheran University**

Grief counseling services [http://www.callutheran.edu/community\\_counseling/](http://www.callutheran.edu/community_counseling/)

Contact for additional information: 805-493-3390

**Goebel Senior Adult Center**

Widow and Widowers Support Group

Meets on Tuesdays, 11AM - 1385 E Janss Rd

Contact prior to attending: 805-495-2145

**Senior Concerns** support group for caregivers of the elderly

Contact for additional information: 805-497-0159

**VENTURA****Assisted Home Hospice**

Grief support group

Meets on Thursdays, 4:30-5:00PM - 2140 Eastman Ave, #203

Free of charge, open to community

Contact to pre-register (no drop-ins): 805-677-7405

**Livingston Memorial Visiting Nurse Association and Hospice**

Adult Bereavement Support Group

Meets on Wednesdays, 6:30-8:00PM - 1996 Eastman Ave, #106

Free of charge, open to community; drop-ins welcome

Evening class for the newly bereaved

Meets on the second Tuesday of each month, 6:00-7:30PM - 1996 Eastman Ave, #106

Contact to reserve a space: 805-642-0239

**INTERNET RESOURCES**

Healthy Place: <http://www.healthyplace.com/searchadvanced/?layout=default&searchword=grief>

Grief's Journey:

[http://www.griefsjourney.com/index.php?module=pagemaster&PAGE\\_user\\_op=view\\_page&PAGE\\_id=7&MMN\\_position=22:22](http://www.griefsjourney.com/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=7&MMN_position=22:22)

Hospice: A Guide to Grief: [http://www.hospicenet.org/html/grief\\_guide.html](http://www.hospicenet.org/html/grief_guide.html)

Caring Connections: <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3367>

Bereavement and Transitions: <http://www.hopeunit.org/resources.html>

Online grief support forums: <http://forums.grieving.com/>

Bereavement and Grief: <http://www.athealth.com/Consumer/Disorders/Bereavement.html>

Coping with Grief and Loss: [http://www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)

Grief, Bereavement, and Coping with Loss:  
<http://www.cancer.gov/cancertopics/pdq/supportivecare/bereavement/Patient/page2>

Grief and Bereavement: <http://www.growthhouse.org/death.html>

eMedicineHealth - Grief and Bereavement:  
[http://www.emedicinehealth.com/grief\\_and\\_bereavement/article\\_em.htm](http://www.emedicinehealth.com/grief_and_bereavement/article_em.htm)

Griefnet - support: <http://rivendell.org/support/index.html>

Adolescent services - Helping Others Cope with Grief: <http://www.focusas.com/Grief.html>