

## Community-Based Bereavement Support Groups

**Common Ground Grief Center** – Located in **Manasquan**, Common Ground Grief Center provides peer support groups for children and teens who have experienced the death of a parent, primary caregiver, sibling or friend. We know that a safe, caring environment along with being in the presence of other children who have experienced similar losses helps them to feel less alone in their grief and more understood. This, in turn, fosters the healing process. Contact Common Ground Grief Center at 732-606-7477 or <https://www.commongroundgriefcenter.org>.

**Good Grief** – The mission of Good Grief is to provide unlimited and free support to children, teens, young adults and families after the death of an immediate family member through peer support programs, education and advocacy. Two locations, **Morristown and Princeton**, are available. To contact Good Grief, call 908-522-1999 or check out their webpage at: <https://good-grief.org>.

**Mother's Grief Support** – The Christopher J. Morrissey Foundation sponsors a monthly support group for Mothers who have lost a child on the second Tuesday of each month from 6:30-8:00 PM at Manasquan Lighting, 126 Main Street Manasquan NJ 08736. There is no charge for these support groups and all Covid-19 guidelines are followed. Meetings are facilitated by Marth Kalakutok and Debbie Gallucci, certified bereavement counselors. If you are interested in attending a support group, please contact Martha or Debbie at [mkalakutok65@yahoo.com](mailto:mkalakutok65@yahoo.com) or 201-321-5761 for Martha and [dgallucci2607@gmail.com](mailto:dgallucci2607@gmail.com) or 732-986-6187 for Debbie.

**Compassionate Friends** - an organization of volunteers who themselves have lost a child, and they run support groups for people in the same situation. The link above is for their chapter locator. They have over a dozen chapters in New Jersey. The organization is not faith-based, but will respect all of the members' respective sources of strength and hope, and those are shared freely by members. Click here for more info and to locate a local chapter <https://www.compassionatefriends.org/>.

**Stephy's Place**; A Support Center for Grief and Loss is located in Red Bank, NJ. Stephy's Place is for all who suffer the loss of a loved one. In person and virtual groups are offered. Support groups are offered free of charge. Go to <http://www.stephysplace.org/sp/> for more info.