

REGIONAL GRIEF SUPPORT RESOURCES

Behavioral Health Departments Senior Peer Counseling programs link trained volunteers with people 55 or older coping with stress, depression or grief. Calaveras County, Brock Kolby, 754-6537. Tuolumne County, Linda Happel, 533-7000.

CaringBridge.org Free online site helping those with serious illnesses keep friends and family updated on personalized web pages; easy to set up and maintain.

Catholic Charities' Older Adult Outreach and Engagement Program Trained volunteers help foothill seniors experiencing grief or depression, and their families and caregivers. Catherine Driver, 532-7632.

Center for a Non-Violent Community Children's support groups to age 14, separate teen group; support for parents who have lost a child to death, and for adults who have lost a loved one to suicide. Open to Tuolumne County residents. Free children's support, 10-week adult group (sliding scale, \$25-50 total) for once-weekly small group sessions. Judy Beckius, 588-9305, ext. 122.

Friends for Survival National support group for those who have lost a loved one to suicide. Local chapter meets 6-7:30pm second Tuesday of each month, Calaveras County Senior Center, 956 Mountain Ranch Road, San Andreas. Local help line, (916) 392-0664. Online, friendsforsurvival.org.

Friendship Line, 1 (800) 971-0016 This 24-hour toll-free line provides support for those 60 or older who are lonely, depressed, bereaved or suicidal.

Hospice of Amador & Calaveras For children, free Griefbusters program; trained volunteers provide individual help to children ages 3-17 "for as long as the child may need it." Adult bereavement groups 10am Tuesdays at Hospice office, 1500 S. Highway 49, Jackson, 3pm Thursdays at Calaveras Senior Center, 956 Mountain Ranch Rd., San Andreas. "These are for anyone who has lost a loved one, whether a recent loss or unresolved grief issues," says Hospice's Ann Metherd. 223-5500.

Hospice of the Sierra Ongoing 10-week grief support groups, next begins in November. Day group 11:30am-1pm, evening group, 6-7:30pm at Hospice, 20100 Cedar Rd. N., Sonora. Free, open to all as "a safe, supportive environment for those grieving the loss of a loved one," says Hospice's Judy Myers. 536-5687.

Journeyofhearts.org Online grief support created by Tuolumne County resident Dr. Kirsti Dyer in 1997.

Live On Calaveras County nonprofit group devoted to suicide awareness and prevention. Kim Molina, 559-6648.

SUICIDE HOTLINES

In Tuolumne County, (209) 533-7000

In Calaveras County, 1 (800) 499-3030

National Hotline (800) 237-TALK (8255)

Suicide Prevention Community Initiative Calaveras County suicide prevention outreach program. Asella Donovan-Blood, 754-6525.

The Compassionate Friends National support group for those who have lost a child of any age to death. Local chapter meets second Monday of month at Amador Senior Center, 229 New York Ranch Rd., Jackson. Sharing is encouraged but not required; visitors can just listen. "Everyone who facilitates is a volunteer who has suffered a loss," says chapter founder Lynne Standard-Nightengale. 295-4807, compassionatefriends.org.

Therapy Dogs of the Sierra, Chapter 186 Trained volunteers take therapy-certified dogs to foothill care facilities and private homes. Sherry Galka, 532-9217.

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