

CAREGIVER SUPPORT

Del Oro Caregiver Resource Center 800-635-0220
916-728-9333
Del Oro Caregiver Resource Center works with caregivers of brain impaired adults. Provides education, coping skills and support for families. deloro.org

SUPPORTIVE SERVICES

County Medically Indigent Services Program (CMISP) 800-560-0976
Medical & dental care.

Sacramento Threshold Singers 916-596-9415
Kindness made audible by singing lullabies to persons facing life transitions. sacramento@threshold.org

Homicide Support Network 916-874-5701
Crisis and short-term counseling and referral. victimcompensation.ca.gov
sacda.org

Indigent Cremation 916-874-9320
Sacramento County Coroners Office.

A.D. Valor Technical Cleaning 855-476-4911
Biohazard services, cleaning of trauma and crime scenes. Local franchise. advalortechcleaning.com

Sierra Donor Services 916-567-1600
Organ and tissue donation. sierradonor.org

Weave, Inc. 916-920-2952
(Women Escaping A Violent Environment)
Temporary safe shelter and support services for sexually assaulted and/or battered women and their children in crisis. weaveinc.org

LAW ENFORCEMENT CHAPLAINCY

Chaplains assist law enforcement, victims and survivors who have experienced a crime, loss or tragedy.

Placer County LEC 916-672-6984
24/7 Emergency 530-889-5824
placerchaplains.com

Sacramento County LEC 916-857-1801
24/7 Confidential Helpline 916-978-0296
Office | Mon-Thur 10-4 sacchaplains.com

Sierra LEC (Placerville) 530-621-1036
slec.us

LAW ENFORCEMENT CHAPLAINCY

CONTD.

Woodland Police Chaplains Dispatch 24/7 530-666-2411

Yuba/Sutter County TIP (Trauma Intervention Program) 530-673-9300

HOSPICE

Home terminal care, provided by an interdisciplinary team including volunteers. Care and services include emotional and spiritual support, respite care, 24 hours on call, and bereavement support.

SACRAMENTO
Bristol Hospice 916-782-5511
bristolhospice.com

First Call Hospice 916-725-2580
fchosp.com

Interim Healthcare Hospice 916-779-0811
interimhealthcare.com

Kaiser Hospice 916-486-5300
sac-hospice@kp.org

Mercy Hospice 916-281-3900
dignityhealth.org/sacramento/hospice

R.C. Hospice Care, Inc. 916-858-1440
rc-hospice.org

Sanctuary Hospice 916-671-3017
sanctuary-hospice.com

Sutter Hospice 916-388-6255
suttercareathome.org

UCDavis Homehealth 916-734-2458
health.ucdavis.edu/homecare

Vitas Innovative Hospice 916-925-7010
vitas.com

AMADOR & CALAVERAS COUNTY
Hospice of Amador & Calaveras 209-223-5500
hospiceofamador.org

AUBURN
Sutter VNA Hospice 530-886-6650
checksutterfirst.org

EL DORADO COUNTY
Snowline Hospice 530-621-7820
916-817-2338
snowlinehospice.org

GRASS VALLEY
Hospice of the Foothills 530-272-5739
hospiceofthefoothills.org

ROSEVILLE
Sutter Hospice 916-797-7850
sutterhealth.org

YOLO COUNTY
YoloCares 530-758-5566
yolocares.org

This Community Bereavement Resource Directory was compiled by Bereavement Network. Inclusion is not intended to be an endorsement. Space does not permit the listing of all references. For more complete information call 211 Sacramento Information & Referral Services at 916-498-1000.

Please contact us for bulk orders. We are a 501c3 organization serving the grieving. Printing of the brochure kindly provided by



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CRISIS LINES (24 HOURS)

AA Hotline 916-454-1100
aasacramento.org

National Suicide Prevention 800-273-8255

California Youth 800-843-5200
calyouth.org

Veterans' Crisis Line 988 #1

Sacramento Mental Health Treatment Center 916-875-1000

WEAVE (Battered Women, Sexual Abuse, Domestic Violence) 916-920-2952
weaveinc.org

Suicide and Crisis Hotline 988
Or 988lifeline.org

2025-26

Community Bereavement Resource Directory

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P.O. Box 660365, Sacramento, CA 95866

916-557-5882

GriefHelpSacramento.com

griefhelpsacramento@gmail.com

The purpose of BNRS is to refer bereaved members of the community to an appropriate support group. Please continue to check our website for updates to this directory. Call specific resources for possible virtual meetings.

Bereavement Network Resources of Sacramento,

a nonprofit organization, has been providing services in the greater Sacramento area since 1984. It was formed by dedicated volunteers who experienced grief and saw the need to help others in similar situations. BNRS is governed by volunteer board members, consisting of human services professionals, care givers, grieving persons and community-at-large members.

GENERAL BEREAVEMENT

Kaiser Hospice 916-977-3197
Bereavement support groups on-going and open to the public in Sacramento, Roseville and South Sacramento.
kp-hospice.grief.sacramento@kp.org

Snowline Health
Bereavement programs serving El Dorado, Sacramento and Southern Placer Counties.
Sacramento 916-817-2338
Diamond Springs 530-621-7820
snowlinehealth.org

SACRAMENTO

Interim Healthcare 916-779-0811
Weekly grief support groups, in person and online.
interimhealthcare.com

Mercy Hospice 916-281-3913
Widowed persons and general bereavement.
dignityhealth.org/sacramento/services/home-health-and-hospice/hospice-care

Mercy San Juan Hospital Chaplaincy 916-537-5098
The grief support group meets the 2nd and 4th Tuesdays, 4 – 5:15 pm.
dignityhealth.org

Middleway Health Foundation 916-492-9007
In-person grief support groups in the central Sacramento area.
middlewayhealth.com

Sanctuary Hospice 916-671-3017
Bi-weekly grief support, both virtual and in person.
sanctuary-hospice.com

Sutter Care at Home Hospice - Bereavement Dept. 916-388-6215
Adult grief groups on Zoom. In-person groups include general loss (in Spanish), parent loss and spouse/partner loss.

UC Davis Hospice Bereavement Support 916-946-1404
6 week support groups offered throughout the year. Call for information and registration.
health.ucdavis.edu/homecare

Vitas Healthcare 916-925-7010
Ongoing grief support groups; also support groups for caregivers and family members of persons with Alzheimers'.
vitas.com

YoloCares Bereavement Support 530-758-5566
Grief support throughout the region offering groups, events, retreats and camps for children, teens, anticipatory, LGBTQ, spouse/partner and child loss. Bilingual.
yolocares.org

AMADOR COUNTY

Hospice of Amador & Calaveras 209-223-5500
Weekly support groups in Jackson and San Andreas.
hospiceofamador.org

AUBURN

Sutter VNA Hospice 530-886-6650
Ongoing bereavement support group. Call for information.

GRASS VALLEY

Hospice of the Foothills 530-272-5739
General bereavement support.
hospice@hifo.org

ROSEVILLE

Bristol Hospice 916-782-5511
Daytime grief support virtual or in person.
bristolhospice.com

Sutter Care at Home Hospice/Bereavement 916-797-7900
Support groups day or evenings. Call for info.

FAITH SUPPORT

GriefShare
Online calendar for local church grief groups and events.
griefshare.org

Bayside Grief 916-791-1244
email: care@baysideonline.com
At Bayside we are here to help you heal when someone loved dies.
granitebay.baysideonline.com/grief-support

Roman Catholic Diocese of Sacramento 916-733-0156
Bereavement groups for adults (English and Spanish), adolescents and children.
scd.org/family-and-faith-formation/bereavement-consolation

LOSS OF SPOUSE

SACRAMENTO

Widowed Persons Assn of California 916-972-9722
Social and support groups. "Resolving Grief" program and support meetings every Sunday 3:00-5:00 pm. 2628 El Camino Ave. D-18, Sacramento.
sacwidowed.org

Modern Widows Club 916-779-0811
Support, education, empowerment.
virtualchapter@modernwidowsclub.org

DIAMOND SPRINGS

Snowline Hospice 530-621-7820
Loss of spouse/significant other grief support group.
snowlinehospice.org

LOSS OF CHILDREN

*** Bereaved Parents of USA Sacramento - South Placer Chapter Chantal Norman** 916-873-4169
email: sspccnewsletter@gmail.com
Monthly support meetings for grieving parents.
bereavedparentscare.org

*** Compassionate Friends Sacramento Chapter** 916-282-4699
Bereavement support for parents who have lost a child. Newsletter, telephone support, and monthly meetings. Call for location and times. email: tcfsacvalley@gmail.com
compassionatefriends.org

*** Sharing Parents** 916-424-5150
Support group for those whose babies have died from the time of conception through early infancy.
sharingparents.org

UC Davis Hospice Bereavement Support 916-946-1404
8 week support group for parents who have lost a minor-aged child, offered once a year.
health.ucdavis.edu/homecare

YOUNG ADULT GRIEF

UC Davis Hospice Bereavement Support 916-946-1404
8 week support group for young adults, 17-24 years old. Offered twice a year.
health.ucdavis.edu/homecare

The Trevor Project for LGBTQ Youth
email: info@thetrevorproject.org
On-line counseling and other services.
thetrevorproject.org

CHILDRENS GRIEF

Comfort Zone Camp 804-377-3430 415-526-5699
email: kelder@comfortzonecamp.org
Sponsored by Hospice by the Bay (Marin).

Children's Bereavement Art Group 916-887-5275
Creative support for grieving children 4-17 who have experienced the death of a parent, sibling or significant person *within the last year*.
Information/Registration:
sutterchildrens.org/childbereavement

YoloCares for Kids Ages 4-18 530-758-5566
email: griefsupport@yolocares.org
yolocares.org

Snowline Bereavement
Peer grief support groups for children, teens and families.
Sacramento 916-817-2338
Diamond Springs 530-621-7820
snowlinehospice.org

ONLINE ONLY

Good Grief Coaching Girl
YouTube Channel. Please reach out to CEO Elizabeth Cantu at
goodgriefcoachinggirl@gmail.com
goodgriefcoachinggirl.com

The W Connection
Support, strategies and tools for widows.
widowconnection.org

OPIOID DEATH GRIEF SUPPORT

Hear to Heal 916-456-1017
On-line monthly support group for those who have lost a loved one to an opioid overdose. Register at:
sacopioidcoalition.org

PET LOSS

Sacramento SPCA - Pet Loss Support Group 916-383-7387
Online only, 1st Tuesday 6:30 – 8 pm
Contact: sspca.org/petloss

Wings - Pet Loss Support Group
Online only, 1st Wednesday 5:30 – 7:30 PST
linda@drlindaharper.com for the Zoom link.

SUICIDE, HOMICIDE AND DRUNK DRIVER BEREAVEMENT SUPPORT

Suicide Loss - Friends for Survival 1-800-646-7322 916-392-0664
Outreach program, support and education after a suicide death. Monthly meetings, newsletter.
friendsforsurvival.org

Homicide Support Network 916-874-5701
Support group for survivors of homicide. District Attorney's Office
sacda.org

MADD—Mothers Against Drunk Drivers 916-481-6233
Call for information. madd.org/sacramento

SUPPORT FOR MAJOR ILLNESSES

A.L.S. Greater Sacramento Chapter 916-979-9265
Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease. Support, education, resources, equipment for patients, caregivers, family and friends.
allsac.org

Alta Calif. Regional Center 916-978-6400
Serving developmentally disabled persons, high risk infants and their families. Case management information and referral.
altaregional.org

Alzheimer's Aid Society of Northern California 916-483-2002 800-540-3340
Education, support group meetings, newsletter.
alzaid.org

*** Alzheimer Association** 800-272-3900
Education, support, regular meetings and newsletter.
alz.org/norcal

Alzheimer's Disease Research Center 916-734-5496
UCD-ADC evaluates for dementia and other memory related disorders.
health.ucdavis.edu/alzheimers

*** American Cancer Society** 800-227-2345
Info and referral. Education and support for patients and families with cancer.
cancer.org

*** American Diabetes Assn** 800-342-2383
Sacramento Sierra Chapter. Education, information, speakers' bureau, referral.
diabetes.org

*** American Stroke Assn** 888-478-7653
Education, referral and speakers' bureau.
stroke.org

*** American Lung Assn of California** 916-554-5864
Stop smoking programs, asthma management. New information & referral.
lung.org

*** Arthritis Foundation** 800-283-7800
Sacramento Valley Resources Center.
arthritis.org/local-offices/ca-sacramento

*** Easter Seals Superior California** 916-485-6711
Rehabilitation center, information and referral.
easterseals.com/superior-ca

Head Trauma Support Project 916-568-6660
Support, information, education, advocacy and prevention for survivors and families. Weekly meetings.
headtraumasupportproject.org

*** Leukemia & Lymphoma Society** 916-929-4720 800-410-8170
Patient aid, family support, education and information, referral.
LLS.org

*** Lupus Foundation of America** 800-558-0121
Information, physician referral and support.
lupus.org/norcal

Mesothelioma Hope 855-938-1774
Patient aid, family support, education and information/referral.
mesotheliomahope.com

*** National Alliance on Mental Illness (NAMI), Sacramento** 916-364-1642
Support for families or friends of persons with mental illness.
namisacramento.org

*** Parkinson Association of No. California** 916-357-6641
Support for Parkinson's patients, friends and families. Monthly group meetings, information and referral.
panctoday.org

*** United Cerebral Palsy** 916-565-7700
email: spefley@ucpsacto.org
Transportation, respite and educational programs. Serving Sacramento, Yolo, Placer, El Dorado and Nevada counties.
ucpsacto.org