

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@thresholdchoir.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.
valortechnicalcleaning.com

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

Weave, Inc. 916-920-2952
(When Everyone Acts Violence Ends)
Temporary safe shelter and support services for intimate partner violence, for a person and their children. 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
24/7 Confidential Helpline 916-857-1801
Office | Mon-Thur 10-4 916-978-0296
sacchaplains.com

Sierra LEC (Placerville) 530-957-0337
sierrachaplaincy.com

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

A-1 Healthcare Hospice 916-706-2513
alhch.com

Amari Hospice Care 916-993-9679
amarihc.com

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

Monarch Hospice Care 916-234-5684
monarchhospicecare.com

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

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

Sonder Home Health and Hospice 916-550-1159
sonderhealthcare.com

Suncrest Hospice 916-928-0102
suncrestcare.com

Sutter Hospice 916-388-6255
suttercareathome.org

UC Davis Health Hospice 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
snowlinehealth.org

FOLSOM

Oak Creek Hospice 916-458-5994
oakcreekhospice.com

GRASS VALLEY

Foothills Compassionate Care 530-272-5739
foothills-cares.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



CEMETERIES • FUNERAL HOMES
CREMATION • PREPLANNING

— A story of respect and service since 1904 —

www.EastLawn.com

BNRS Board of Directors

Elizabeth Cantu, DTM
President
CEO, Good Grief Coaching Girl

Fr. Phillip Donlan, CP
Christ the King Passionist
Retreat Center

David Silva Howell, AMFT
Vice President/Retired Chaplain

Aliah Terry
Camellia Memorial Lawn
Dignity Memorial

Suzanne Austen
Treasurer/Volunteer

Kayla Freyja
Volunteer/Good Grief Gala Chair

Karl Buddenhagen, PhD
Secretary/Retired Psychologist

Monica Hart, MBA
Life Coach/Chaplain

Terry Chlentos-Panages
Parliamentarian/Volunteer

Kayla Chastain
Volunteer

Linda Howell
Artist-in-Residence

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 (Domestic violence, Sexual Abuse, Elder Abuse and Referral Information) 916-920-2952
weaveinc.org

Suicide and Crisis Hotline 988
Or 988lifeline.org

2026

Community Bereavement Resource Directory

published by



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

SACRAMENTO

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

**Mercy General Hospital
Spiritual Care Services** 916-453-4655
General bereavement group, call for info.
tim.klosterman@commonspirit.org

Mercy Hospice 916-281-3913
Widowed persons and general bereavement.
dignityhealth.org

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

**Middleway Health
Foundation** 916-492-9007
In-person grief support groups in the central
Sacramento area.
teatime56@hotmail.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
Several adult grief groups on Zoom.
In-person groups include parent loss
and spouse/partner loss.
john.compaglia@sutterhealth.org

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

**YoloCares Center
for Loss and Hope** 530-758-5566
Region-wide grief support, offering affinity
groups, events, retreats and camps for
children, teens and adults. Adult Griever's
Circle group Thursdays 6 – 7:30 pm. 1st
and 3rd in person, 2nd and 4th on Zoom.
yolocares.org

AMADOR COUNTY

**Hospice of Amador
& Calaveras** 209-223-5500
In-person grief groups:
Amador Senior Center, Tuesdays,
10:30 am – 12 noon.
San Andreas Senior Center, Wednesdays,
10:30 am – 12 noon.
hospiceofamador.org

AUBURN

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

ELK GROVE

Together We Heal Community 916-202-3188
In-person support groups and workshops.
togetherwehealcommunity.org

FOLSOM

Oak Creek Hospice 916-458-5994
Bilingual adult grief support, Thursdays,
5 – 6 pm 9580 Oak Ave Parkway, Folsom.
sandra@oakcreekhospice.com

GRASS VALLEY

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

ROSEVILLE

Bristol Hospice 916-782-5511
Grief support group meets every Tuesday,
2 – 3:15 pm.
bristolhospice.com
daniel.ploscaru@bristolhospice.com

**Sutter Care at Home
Hospice/Bereavement** 916-797-7900
In-person support groups for general
bereavement, parent loss and loss of
spouse/partner.

SPANISH LANGUAGE GRIEF SUPPORT

Center for Loss and Hope 530-758-5566
Grupo de Apoyo, in-person support for adult
general grief, 2nd and 4th Tuesdays
from 6 – 7 pm.
emiranda@yolocares.org

Oak Creek Hospice 916-458-5994
Bilingual adult grief support. Thursdays
5 – 6 pm, 9580 Oak Ave Parkway, Folsom.
sandra@oakcreekhospice.com

**Roman Catholic Diocese
of Sacramento** 916-733-0156
Faith-based support for adult general grief.
[scd.org/family-and-faith-formation/
bereavement-consolation](http://scd.org/family-and-faith-formation/bereavement-consolation)

**Sutter Care at Home
Hospice – Sacramento** 916-388-6216
In-person support for adult general grief.
Contact: Marie Copher 279-386-1326.

FAITH SUPPORT

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

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

**Roman Catholic Diocese
of Sacramento** 916-733-0156
Bereavement groups for adults.
[scd.org/family-and-faith-formation/
bereavement-consolation](http://scd.org/family-and-faith-formation/bereavement-consolation)

LOSS OF SPOUSE

SACRAMENTO

Center for Loss and Hope 530-758-5566
Spouse/partner loss groups and retreats.
yolocares.org

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

**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

* Local chapter of national organization

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.
bereavedparentstogether.org

Center for Loss and Hope 530-758-5566
Sudden and traumatic loss support group.
yolocares.org

* **Compassionate Friends**
Sacramento Chapter 916-282-4699
Bereavement support for parents who have
lost a child, sibling or grandchild. Meetings
are the third Friday of the month at
7:30 pm. email: tcfsacvalley@gmail.com
tcfsacvalley.wixsite.com.tcfsv

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

LGBT GRIEF

**Sacramento LGBT
Community Center** 916-442-0185
General adult grief support group, 2nd
and 4th Wednesdays, 6 – 7 pm.
1015 20th Street, Sacramento.
mentalhealth@saccenter.org

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

CHILDRENS GRIEF

By the Bay Camp 415-526-5699
Summer camp for children aged 8-18 who
have lost a loved one.
bythebaycamp@bythebayhealth.org

**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.
ashley.oldenburg@sutterhealth.org

Center for Loss and Hope 530-758-5566
Peer 2 Peer groups for kids, teens and
parent/guardians; school consultations;
Camp Hope.
yolocares.org

**Hospice of Amador
and Calaveras** 209-223-5500
Griefbusters program for children
and youth.
hospiceofamador.org

Olivia Chan Foundation 707-373-2916
Peer 2 Peer program for children and their
families who have experienced a loss.
Ongoing program with family support,
meeting every other Monday, 5:30 – 7 pm.
info@oliviachanfoundation.org

ONLINE ONLY

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

Kaiser Hospice 916-977-3197
On-line bereavement support groups for
adults, workshops and special events.
kp-hospice.grief.sacramento@kp.org

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

Two Daughters Foundation 541-666-0564
Monthly virtual support group for adults
aged 18-39 who have lost a parent or
parental figure.
twodaughtersfoundation.org

Vitas Healthcare 916-925-7010
On-line grief support includes a Spanish
language group, a Men and grief group and
an LGBTQ+ grief group.
vitas.com

OPIOID DEATH GRIEF SUPPORT

Hear to Heal 916-504-3683
On-line bi-monthly support group for those
who have lost a loved one to an opioid
overdose. Register at: sacopioidcoalition.org.

PET LOSS

Center for Loss and Hope 530-758-5566
Pet loss support groups both on-line and
in-person.
yolocares.org

**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

CAREGIVER SUPPORT

Center for Loss and Hope 530-758-5566
Center for Caregiver Support: caregiver
support groups and anticipatory loss
groups.
yolocares.org

**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