

GENERAL BEREAVEMENT

Bereavement Outreach Meetings

(916) 557-5882

A weekly bereavement support program. Meetings are every Thursday from 7:30 to 9:00 p.m. at the Sutter Center, 7700 Folsom Boulevard, Sacramento.
www.griefhelpsacramento.com

Sutter Hospice

Sacramento (916) 388-6215

Roseville (916) 797-7884

Bereavement support group for those who have experienced a loss.

UC Davis Hospice Bereavement Support Groups

(916) 731-2458

Yolo Hospice Support Groups

(530) 758-5566

1909 Galileo Court Suite A

Davis, CA 95618

www.yolohospice.org

Twinless Twins Support Group

www.twinlesstwins.org

Provide support for twins and other multiples who have lost their twin due to death or estrangement at any age.

LOSS OF SPOUSE

Widowed Persons of Sacramento

(916) 972-9722

Call for chapter location and meeting time. An organization helping widowed persons

LOSS OF CHILDREN

Compassionate Friends

Monthly meetings: the third Friday of the month from 7:30 pm to 10:00 pm at St Mark's Church, 2391 St-Mark's Way, Sacramento, CA 95864. Message line (916) 457-4096. E-mail: tcfsacvalley@gmail.com

Bereavement support for parents, grandparents and siblings who have lost a child, grandchild or sibling from any cause and at any age.

Bereaved Parents-Sacramento-South Placer County Chapter

(916) 768-3891

Support for parents, grandparents and siblings who have lost a child, grandchild or sibling

Alive Alone www.alivealone.org

For parents with no surviving children.

Sharing Parents of Sacramento

(916) 424-5150

Support group for those whose babies have died from the time of conception through early infancy.

www.sharingparents.org

SIDS Support of Sacramento

(916) 851-7437

sidssupportofsacramento.com

Provides a support group for those who have experienced a sudden infant death.

It is recommended that you call to ensure time and locations are correct

HOMICIDE SUPPORT

Sacramento County District Attorney's Office

(916) 874-5701 Support for families and friends of homicide victims.

Meetings: The first Wednesday of the month from 6:30 pm to 8:30 pm at the District Attorney's Office
901 G Street Sacramento, CA

CHILDREN'S GRIEF SUPPORT

Children's Bereavement Art Group-Sutter

2800 L Street Suite 460

Sacramento, CA

Program Coordinator

(916) 454-6555

Roseville-Program Coordinator

(916) 781-2666

SUICIDE LOSS

Friends for Survival

(916) 392-0664

Outreach program, support and education for survivors of suicide loss.

www.friendsforsurvival.org

NAMI National Alliance on Mental Illness

Call for Sacramento area meetings

(916) 364-1642

www.namisacramento.org

Provides support, resources, advocacy and education to the families, friends and person with mental illness.

Other Northern California TCF Chapters

Stockton, CA Chapter—Meetings are held the last Tuesday of the month starting at 6:30 pm. Call (209) 601-7642

Fairfield, CA—Solano County Chapter Meetings are held the second Thursday of the month starting at 7 pm. Call (707) 434-8518 for more information.

Modesto/Riverbank Area Chapter Meetings are held the second Monday of the month starting at 7 pm. Call (209) 622-6786 for more information.

Yuba City Chapter Meetings are held the first Friday of the month starting at 7 pm. Call (530) 674-2595 for more information.

Napa Valley Chapter Meetings are held the third Thursday of the month starting at 7 pm. Call (707) 258-1623 for more information.

To locate other TCF Chapters in California or other states, log onto The Compassionate Friends national website at www.compassionatefriends.org and select the Chapter Locator tab or call toll free 877-969-0010.

A butterfly lights beside us like a sunbeam.
And for a brief moment its glory and beauty
belong to our world.

But then it flies on again,
and though we wish it could have stayed,
we feel so lucky to have seen it.



NATIONAL INFORMATION

The Compassionate Friends, Inc
PO Box 3696
Oak Brook, IL 60522
877-969-0010 toll free
630-990-0010
Web site:
www.compassionatefriends.org

This brochure is provided by The Compassionate Friends, Sacramento Valley Chapter

2015



The Compassionate Friends

Sacramento Valley Chapter
Supporting Family After a Child Dies

Sacramento Valley
Chapter
PO Box 163294
Sacramento, CA 95816

(916) 457-4096

Resource Directory

The mission of The Compassionate Friends is: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.