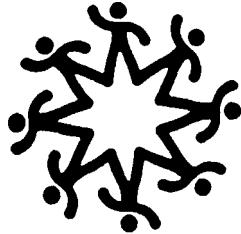


The Self-Help Directory

A Guide to Connecticut and National Groups



2004 - 2006
Twelfth Edition

Compiled and edited by the
Connecticut Self-Help Network

The Consultation Center

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The Self-Help
Directory

A Guide to Connecticut and National Groups



2004 - 2006
Twelfth Edition

The Twelfth Edition, the 21st anniversary of the Directory of the Connecticut Self-Help Network is a real affirmation of the growth and sustaining nature of the self-help movement in Connecticut. Since the last edition of the Directory, the listings for Connecticut self-help organizations has grown from 1,250 to the current Directory's listing of over 1,400 groups in a variety of health, mental health, social, and advocacy categories. Self-help groups continue to provide an economical and powerful resource for Connecticut residents. Members of these groups have an opportunity to discuss their experiences, share information, develop new coping skills and strategies, and lend each other comfort in times of need. Today, self-help groups are also a significant catalyst in raising public awareness and in changing public policy concerning many health, mental health, and social issues.

Our 2004-2006 Directory will increase accessibility to a wide variety of self-help groups in Connecticut. In addition to connecting individuals to the groups they are seeking, we hope we will stimulate the development of new groups in Connecticut. We continue to encourage those who cannot find and want to start groups to contact the Network for technical assistance.

Information about each group was obtained by way of a national/ statewide self-help group survey. Additional data was obtained through direct contact with group leaders. The information provided in the Directory is based upon data supplied by the groups themselves. Considering the evolutionary nature of self-help groups, a Directory like this is easily outdated within a year. The Network is constantly updating information and annually will contact self-help groups throughout the State for an update.

What is a self-help group?

A self-help group is a group of people with common concerns who have come together to help themselves and each other by sharing information, experiences, and personal solutions. Such groups help participants feel less isolated by providing social support. Group members know that others will understand since they have also experienced or are currently experiencing the same concerns. Self-help groups may also have other purposes such as advocating for increased services or changes in the law.

Many self-help groups identified in this Directory are led by lay persons. Some groups are professionally led and are listed if no fee is charged, if the group is ongoing rather than time-limited, and if membership is open.

What distinguishes self-help from professional assistance?

In self-help groups, leadership and decision-making come from the members themselves. Experiential knowledge is highly valued. Most groups do not charge fees though there may be membership dues or shared costs for space rental, refreshments, etc. Professionals may be helpful to the groups in their beginning stages and may provide consultation and resources at other points in the groups' development.

What services does the Network provide?

- **Assistance in the startup of new groups.** We assist in defining purpose, goals, and structure for new groups; reaching potential members; establishing materials; and dealing with facilitation problems.
- **Technical support to groups.** We provide consultation around specific issues such as publicity, fundraising, group development, advocacy, and evaluation.
- **Group leadership training.** We offer one-day workshops on how to facilitate a group, avoid burnout, and consider alternative group structures and models.
- **Publish and update the Directory of the Connecticut Self-Help Network.** We provide a listing of self-help groups currently in existence throughout the State and nationally with one-of-a-kind models. Brief descriptions, contact persons, mailing addresses, and telephone numbers are included for each group.

ABOUT THE NETWORK

- **Provide information and referral support to self-helpers and professionals.** A computerized information and referral system refers callers to local, regional, statewide, and national self-help groups. The Network maintains a database of information on 1,400 State groups and 1,000 National groups, including one-of-a-kind model groups.
- **Print and distribute the newsletter, "Connections."** We publish a report biannually on self-help activities throughout the State. Events of interest to self-helpers and professionals are announced and brief articles about relevant topics are presented.
- **Develop a resource library of self-help literature and materials.** The Network, for a minimal cost, offers educational packets addressing topics of interest to self-helpers.
- **Provide consultation support.** The Network will consult with self-helpers or professionals as problems arise. Consultation can be a single phone call or a series of meetings according to the needs of the consultee.
- **Sponsor educational meetings; informal, local get-togethers; regional meetings; statewide conferences; and fairs.** These activities are provided as needed to promote and sustain the self-help movement in Connecticut.

The Twelfth Edition of the 2004-2006 Directory has remained the same, easy-to-use, format as the Eighth Edition. To find a self-help group for a particular concern, first review the **TABLE OF CONTENTS**. The **TABLE OF CONTENTS** is alphabetically arranged by general categories with more specific subcategories under these headings. Within each category, groups are listed according to geographic location. Statewide groups are listed first, local groups by county next, and finally national organizations.

1. Connecticut statewide groups
2. Local groups by county (refer to the map and the list of towns on the following pages to determine your region)

Greater Fairfield
Greater Hartford
Greater New Haven
New London, Norwich, Willimantic
Waterbury, Danbury, Torrington

3. National groups

Each group listing includes the group name, a brief description of the group's purpose, and contact information. In the back of the Directory, you will find an **INDEX** which lists all categories alphabetically by name and page number. If you do not find a group in your region, be sure to consult the Statewide listing at the beginning of the category or the national listing at the end of the category for complete information.

When you cannot find an appropriate group, or a group has been disbanded, please call the Network at (203) 624-6982 for a more recent listing.

REMINDER: Connecticut now has two area codes, 203 and 860. Please check your telephone directory for the correct exchanges and area codes.

TO UPDATE OR ADD A SELF-HELP GROUP LISTING IN THE DIRECTORY:

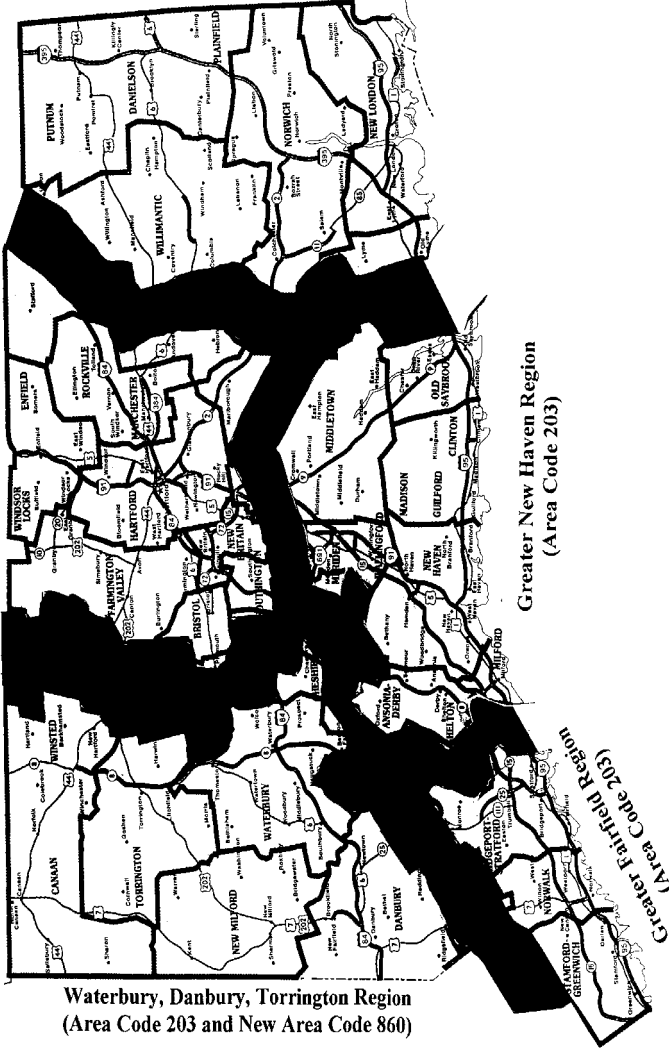
Please complete the **GROUP INFORMATION FORM** on page xii of this Directory and mail, fax, or E-mail the information to the Network to inform us of any new groups or to change an existing listing.

MAP OF CONNECTICUT REGIONS

**New London, Norwich, Willimantic Region
(New Area Code 860)**

**Greater Hartford Region
(New Area Code 860)**

**Greater New Haven Region
(Area Code 203)**



**Waterbury, Danbury, Torrington Region
(Area Code 203 and New Area Code 860)**

**Greater Fairfield Region
(Area Code 203)**

**Greater Fairfield
Region**

Bridgeport
 Darien
 Easton
 Fairfield
 Greenwich
 Monroe
 New Canaan
 Norwalk
 Stamford
 Stratford
 Trumbull
 Weston
 Westport
 Wilton

**Greater New
Haven Region**

Ansonia
 Bethany
 Branford
 Chester
 Clinton
 Cromwell
 Deep River
 Derby
 Durham
 East Haddam
 East Hampton
 East Haven
 Essex
 Guilford
 Haddam
 Hamden
 Killingworth
 Madison
 Meriden
 Middlefield
 Middletown
 Milford
 New Haven
 North Branford
 North Haven
 Old Saybrook
 Orange
 Oxford
 Portland
 Seymour
 Shelton
 Wallingford
 West Haven
 Westbrook
 Woodbridge

**Greater Hartford
Region**

Andover
 Avon
 Berlin
 Bloomfield
 Bolton
 Bristol
 Burlington
 Canton
 East Granby
 East Hartford
 East Windsor
 Ellington
 Enfield
 Farmington
 Glastonbury
 Granby
 Hartford
 Hartland
 Hebron
 Manchester
 Marlborough
 New Britain
 Newington
 Plainville
 Plymouth
 Rocky Hill
 Simsbury
 Somers
 South Windsor
 Southington
 Stafford
 Suffield
 Tolland
 Vernon
 West Hartford
 Wethersfield
 Windsor
 Windsor Locks

TOWNS BY COUNTY

New London, Norwich, Willimantic Region

Ashford
Bozrah
Brooklyn
Canterbury
Chaplin
Colchester
Columbia
Coventry
East Lyme
Eastford
Franklin
Griswold
Groton
Hampton
Killingly
Lebanon
Ledyard
Lisbon
Lyme/Old Lyme
Mansfield
Montville
New London
North Stonington
Norwich
Plainfield
Pomfret
Preston
Putnam
Salem
Scotland
Sprague
Sterling
Stonington
Thompson
Union
Voluntown
Waterford
Willington
Windham
Woodstock

Waterbury, Danbury, Torrington Region

Barkhamsted
Beacon Falls
Bethel
Bethlehem
Bridgewater
Brookfield
Canaan/North Canaan
Cheshire
Colebrook
Cornwall
Danbury
Goshen
Harwinton
Kent
Litchfield
Middlebury
Morris
Naugatuck
New Fairfield
New Hartford
New Milford
Newtown
Norfolk
Prospect
Redding
Ridgefield
Roxbury
Salisbury
Sharon
Sherman
Southbury
Thomaston
Torrington
Warren
Washington
Waterbury
Watertown
Winchester
Wolcott
Woodbury

BEREAVEMENT (GENERAL)

Also see: DEATH OF A CHILD/FETAL LOSS,
SUICIDE SURVIVORS, WIDOWHOOD

STATEWIDE

NEW DAY * Move through the process of grief due to death. Support groups meet all over state. For information call Mrs. O'Brien or Sr. Mauryeen O'Brien at (203) 230-2460.

THE COVE * The Cove works to create safe harbors for grieving children of all ages and their families so they can begin to heal by bringing together others who are grieving to help form relationships and express emotions. Cove sites which provides support groups, family nights, are available in Bristol/Southington, New Haven, Guilford, West Hartford, and Milford and a coordinating office in Meriden. For information call (203) 634-0500. www.covect.org

GREATER FAIRFIELD

BEREAVEMENT SUPPORT GROUP * Support for those who lost a love one. For information call Dennis McCann at (203) 576-5117.

BEREAVEMENT SUPPORT GROUP * A support group for persons grieving the loss of a friend or relative. Meets at First Presbyterian Church in Greenwich. For information call (203) 863-3146. Write: Sue Benryssen, Bereavement Support, 25 Valley Drive, Greenwich, CT 06831.

CHRIST AND HOLY TRINITY EPISCOPAL CHURCH BEREAVEMENT SUPPORT * Support group for people who have experienced the loss of a loved one offered periodically. For information call John or Judyth at (203) 227-0827.

LIVING ALONE * Support for those individuals who have lost a spouse either through divorce or death. For information call Denise Stein, MS, NCC at (203) 256-3166.

GREATER HARTFORD

BEGIN AGAIN * A non-denominational self-help support group for those persons facing the grief that follows the loss of a loved one. For information call Mary Keane at (860) 688-9621 or Write: 807 Bloomfield Avenue, Windsor, CT 06095.

BEREAVEMENT GROUP - LOSS OF SPOUSE * Support for those who have suffered the loss of a spouse. 55 or under. For information call Margie Crane at (860) 658-3737 or Write: McLean Home, 75 Great Pond Road, Simsbury, CT 06070.

BEREAVEMENT SUPPORT GROUP FOR CHILDREN * Support for siblings and close family members ages 4 and up who have had a brother, sister, cousin, or close friend die. For information call Maegan Murray at (860) 545-9871.

BEREAVEMENT SUPPORT GROUP' * For those experiencing the loss of a loved one. Psycho social and educational support group. For information call Peggy Reduker or Rebecca Hladki at (860) 528-2273 ext 115. Write: Rebecca Hladki, 111 Founders Plaza Suite 200, East Hartford, CT 06108.

BEREAVEMENT SUPPORT GROUP * Support for anyone grieving styles, stress and nutritional and spiritual and the importance of rituals. For information call Karen Carney at (860) 563-5677 or Write: D'Esopo-Pratt Resource Center 280 Main Street, Wethersfield, CT 06109.

COPING THROUGH THE HOLIDAYS * Support group for adults who have experienced the loss of a loved one and need support in coping through the holidays. Group meets in eight week sessions. For information call Grace Dah at (860) 714-4832.

COPING WITH GRIEF PROGRAM * To provide an understanding and non-judgmental setting in which bereaved people can share their experience of grief with others who truly understand. For information call Betty Schomer, at (860) 585-4752 or Write: Hospice of Bristol Hospital, 7 North Washington Street, Plainville, CT 06062.

EAST HARTFORD'S TOGETHER WE'LL GET THROUGH THIS *

Bereavement support group for all. For information call Karen Carney at (860) 563-5677. Meets at Selden Brewer House in East Hartford. Website: www.safeplacetogrieve.com

GETTING THROUGH GRIEF/ VNA HEALTH CARE 5677 HOSPICE * Support group for people working through grief associated with the death of a family member or friend. For information call Bonnie McKenzie at (860) 525-7001 or (860) 545-2290 or Write: VNA Hospice, 103 Woodland Street, Hartford, CT 06105-1233.

GREATER BRISTOL BEREAVEMENT SUPPORT GROUP * Support for anyone grieving the loss of a loved one. For information call (860) 583-1644 or (860) 584-2100.

GRIEF EDUCATION AND SUPPORT * Information, education and support to bereaved persons. Topics include understanding grief in children, masculine and feminine grieving styles, stress, nutrition, spiritual and the importance of rituals. For information call Karen at (860) 563-5677.

GRIEF SHARE * Support group for people experiencing any type of loss. For information call (860) 673-6826. Write: Grief Share, 590 West Avon Road, Avon, CT 06001.

LIFE CHOICE DONOR SERVICES * Support group for Organ/Tissue Donor families. Designs and plan programs for families. For information call Margaret B. Coolican, RN, MS, at (800) 874-5215 or (860) 286-3120 or Write:- NorthEast Organ Procurement Organization & Tissue Bank, 8 Griffen Road North, Windsor, CT 06095.

LITTLE PEOPLE'S GRIEF GROUP * Young children support group for ages 3-7 who have experienced the death of a parent. Also will do sibling loss groups as need arises for young children between age range. For information call Mary Keane, R.N. M.A. OCN., at (860) 688-9621 or Write: 6 Poquonock Avenue, Windsor, CT 06095.

NEXT STEP * Support groups for people who have experienced the loss of a loved one offered periodically. Next Step program provides opportunities for people who have completed a bereavement group program, to gather, socialize and grow. For information call Rebecca Hladki at (860) 528-6664 or (860) 528-2273.

SPOUSE BEREAVEMENT SUPPORT GROUP * Primarily support for those persons who are grieving the loss of a spouse Age range 55+. For information call Margie Crane, MSW at (860) 658-3737 or Write: 75 Great Pond Road, Simsbury, CT 06070.

STEPPING STONES * Support groups sponsored by Homes Funeral Home and Watkins Funeral Home for teens and adults who have experienced the loss of a loved one. For information call (860) 646-1113.

SURVIVORS OF HOMICIDE * To provide support, coping techniques, and understanding to families grieving from the death of a loved one through murder. For information call Kian Jacobs at (860) 257-7388 or (888) 833-4764 or Write: 530 Silas Deane Highway, Wethersfield, CT 06109.

THE COVE * A bereavement support program for grieving children and their families. Groups run simultaneously based on the age of the children. Community Mental Health Affiliates, Inc. Spanish Language Capacity. For information call (860) 223-2778.

THE COVE * A bereavement support program for grieving children and their families. Groups run simultaneously based on the age of the children. For information call Valerie Cordiano at (860) 233-1700 or Write: 854 Farmington Avenue, West Hartford, CT 06119.

TOGETHER WE'LL GET THROUGH THIS * Bereavement support group for all. For information call Karen Carney at (860) 563-5677. Meets at D'Esopo Resource Center. Website: www.safeplacetogrieve.com

YOUNG PEOPLE'S GRIEF GROUP * Young children support group for ages 8-12 who have experienced the death of a parent. Also will do sibling loss groups as need arises for young children between age range. For information call Mary Keane, R.N. M.A. OCN., at (860) 688-9621 or Write: 6 Poquonock Avenue, Windsor, CT 06095.

GREATER NEW HAVEN

BEREAVEMENT SUPPORT GROUPS * Spiritual help for those who have experienced the loss of a loved one. Groups in Branford, New Haven and Wallingford. For information call The Family Life Office of the Archdiocese at (203) 230-2460 in Hamden, or Write: 412 Ridge Road, Hamden, CT 06517.

BEREAVEMENT SUPPORT * Support for family and friends of anyone who have suffered a loss. For information call Rev. Richard Doyle at (860) 344-6490 or (860) 344-6162 or Write: Rev. Richard Doyle, Middlesex Hospital, 28 Crescent Street, Middletown, CT 06457.

BEREAVEMENT SUPPORT GROUP * For people who have experienced the loss of a love one. For information call Phyllis Jones at (203) 235-5714 or Brendan McCormick at (203) 269-5050 or Write: MidState and Hospice, 658 Broad Street, Meriden, CT 06450.

BEREAVEMENT SUPPORT GROUP * Griffin Hospital bereavement support group meets for six consecutive weeks with both evening and afternoon meeting times. Adults of all ages meet weekly to share their thoughts, feelings, and fears about their experience. The group is led by a trained facilitator. For information call (203) 732-7181 or 732-7114.

BEREAVEMENT SUPPORT GROUP * Adult support group for individuals who have lost a loved one to illness, an accident, or traumatic event. For information call Fran at (203) 679-5300 or (203) 679-5337. www.connecticutvna.org

CHILDREN'S BEREAVEMENT SUPPORT GROUP * Support for children aged 6-12, This group meets the special needs of children who have experienced the death of a parent, sibling, grandparent or other loved one. Art, movement, drama, poetry, and play therapy are used as springboards to help children explore their feelings. For information call Fran at (203) 679-5300.

HEALING GRIEF-BEREAVEMENT SUPPORT GROUP * Small groups (5-8 members) who discuss their recent loss. Learn the normal pattern of grieving and help each other cope in a healthy manner. For information call Bess Chosak, RN at (203) 789-3247 or Write: Hospital of St. Raphael, Pastoral Care, 1450 Chapel Street, New Haven, CT 06511.

HOSPICE BEREAVEMENT * Support group for family and friends of bereaved individuals offered periodically. For information call Branford Connecticut Hospice at (203) 315-7500 or 1-800-846-7742.

HOSPICE BEREAVEMENT * Support group for family and friends of bereaved individuals offered periodically. For information call Midstate VNA Hospice at (203) 235-5714.

NEW DAY * Widowed and bereaved support group meetings presented by Family Life Office. For Branford call Bill at (203) 484-9704 or rose at (203) 488-2308, East Haven call Carmel at (203) 463-7384 or Marie at (203) 467-2918, West Haven call Charles at (203) 934-6400, Hamden call Fran at 248-6529, Wallingford call Karen at (203) 264-2461.

SMITH FUNERAL HOME BEREAVEMENT * Support group for people who have experienced the loss of a loved one. For information call (203) 874-2588.

SUPPORT GROUPS FOR SEPARATED AND DIVORCED CATHOLICS * To provide spiritual growth, healing, and support for separated and divorced Catholics. For information call Rose at (203) 488-2302 or Bill at (203) 484-9704 or Andy at (203) 481-3808 in Branford or Write: Family Life Office, 412 Ridge Road, Hamden, CT 06517. Write: Family Life Office.

THE COVE * A bereavement support program for grieving children and their families. Groups run simultaneously based on the age of the children. For information call Jim Emswiler at (203) 458-1734, (203) 457-1771 for Guilford group.

THE COVE * A bereavement support program for grieving children and their families. Groups run simultaneously based on the age of the children. For information call (203) 634-0500 in the New Haven area.

NEW LONDON/NORWICH/WILLIMANTIC

BEREAVEMENT SUPPORT GROUPS * To provide spiritual growth, healing, and support for those who have experienced the loss of a spouse, child, parent, loved one, etc. (Serving Windham, Tolland, Middlesex, Putnam, and New London Counties.) For information call Mike at (860) 889-8346 or Write: Family Life Ministry, Bishop Flanagan Ministry Center, 1595 Norwich-New London Turnpike, Uncasville, CT 06382.

BEREAVEMENT SUPPORT GROUP * A peer support group for those who have lost a loved one. For information call Suzon Warner at (860) 928-0422 or Carol Emmerthal at 800-664-2442. Meets at Day Kimball Hospital.

BEREAVEMENT BREAKFAST SUPPORT MEETING * * Social group gathering at a dutch-treat breakfast to meet with others who share the common bonds of grief and bereavement. For information call Kristen Berger at (860) 456-7288 Ext. 27 or Write: Hospice of Eastern Connecticut, P.O. Box 716, Mansfield Center, CT 06250-0716.

BEREAVEMENT SUPPORT GROUP * Support for anyone who has experienced the loss of a loved one. For information call the VNA of Waterbury at (203) 679-5300 or (203) 528-6664.

BEREAVEMENT SUPPORT GROUP * Support for anyone who has experienced the loss of a loved one. For information call the VNA of Ridgefield at (203) 438-5555 or Write: VNA, 90 East Ridge, Ridgefield, CT 06877.

BEREAVEMENT SUPPORT GROUP * A means of sharing for those faced with the challenges of losing a love one. For information call Marie Ziello at (860) 274-7531 or Write: V.N.A., 27 Princeton Road, Watertown, CT 06795.

BEYOND GRIEF * Bereavement support group open to those who wish to share feelings, offer support, and discover ways of dealing with the loss of a loved one. For information call Arlene Pereira at (203) 574-6000 or Write: Department of Social Work, St. Mary's Hospital, 56 Franklin Street, Waterbury, CT 06706.

CHILDREN'S BEREAVEMENT SUPPORT GROUP * Bereavement support group for children ages 7-12 years old. For information call Kendall Palladino at (203) 797-1685 ext. 37.

COPING WITH GRIEF OVER THE HOLIDAYS * For those grieving any loved one for whom holidays are most difficult. For information call Cyndia Shook, LCSW at (860) 848-5699 or Dee Keaney, B.A. at (860) 848-5699. Meets at Lawrence and Memorial Hospital.

GOING SOLO * Support group for those who are facing living alone. To assist one another in dealing with variety of issues. For information call Lee at (860) 355-6075.

HEALING AFTER LOSS * Bereavement support group to assist adults with the grieving process. For information call Elaine Chicoine at (860) 774-1366.

HOSPICE OF EASTERN CONNECTICUT BEREAVEMENT SUPPORT GROUP * Support groups for bereaved families. Evening bereavement group meets to discuss personal issues related to grief and bereavement. For information call Kristen Berger at (860) 456-7288 ext 27 or Write: Hospice of Eastern Connecticut, 34 Ledgebrook Drive, Mansfield Center, CT 06250-0716.

WATERBURY/DANBURY/TORRINGTON

BEREAVEMENT SUPPORT GROUP - NAUGATUCK * Spiritual help for those who have experienced the loss of a loved one. For information call Sr. MaryEllen O'Brien at The Family Life Office of the Archdiocese at (203) 230-2460 in Hamden or Write: 412 Ridge Road, Hamden, CT 06517.

NEW MILFORD VISITING NURSE BEREAVEMENT GROUP * Support group for people who have experienced the loss of a loved one. For information call Linda Lewis at (860) 354-2216.

SOUTHBURY ADULT GRIEF SUPPORT GROUP * Bereavement support group for anyone who has lost a loved one. For information call Kendall Palladino at (203) 797-1685.

STAND BY ME * Support group for those who lost a loved one. For information call Arlene Pereira at (203) 808-9889 or Ann Cuttitta at (203) 274-2068.

SURVIVORS OF HOMICIDE- GREATER WATERBURY CHAPTER * To provide support, coping techniques, and understanding to families grieving from the death of a loved one through murder. For information call Dr. Sam Rieger at 888-833-4764 or (860) 257-7388.

SURVIVORS OF HOMICIDE, INC. * To provide support, coping techniques, and understanding to families grieving from the death of a loved one through murder. Meets fourth Thursday of month. For information call (860) 257-7388 or (860) 434-3888 or Write: Survivors of Homicide, Inc. 530 Silas Deane Highway, Suite 215 Wethersfield, CT 06109. www.survivorsofhomicide.com email: survivor@snet.net

TEEN BEREAVEMENT SUPPORT GROUP * Grief support for 13-18 years of age. For information call Kendall Palladino at 888-357-3334 ext 37.

NATIONAL/MODEL

AARP Grief and Loss Programs * National. 240 groups. Founded 1973. Offers a wide range of resources and information on grief and loss issues to adults who are bereaved and their families. Programs include: one-to-one outreach support (e.g. Widowed Persons Service), a grief course, support groups, interactive online support group, informational booklets and brochures. Works in cooperation with local organizations to develop community-based bereavement programs. Write: AARP Grief & Loss Program., 601 E Street NW, Washington, DC 20049. Call 202-434-2260; Fax: 202-434-6474. E-mail: griefandloss@aarp.org Website: www.aarp.org/griefandloss.

Autoerotic Asphyxiation Support * Online. Founded 1999. Supportive message board for family and friends of those who have died by autoerotic asphyxiation. E-mail: daltsdad@yahoo.com Website: <http://groups.yahoo.com/group/autoeroticasphyxiationsupport>

Concerns of Police Survivors, Inc. (COPS) * National. 48 chapters. Founded 1984. Provides resources for the surviving families of law enforcement officers killed in the line of duty according to Federal criteria. Also offers law enforcement training. Quarterly newsletter, departmental guidelines, peer support, Special hands-on programs for survivors. Summer camp for children ages (6-14) and their parent/guardian, parents' retreats, spouses get-aways, Outward Bound experiences for young adults (15-20), sibling retreat, adult children's and in-law retreat. Write: COPS, P.O. Box 3199, 3096 S. State Hwy 5, Camdenton, MO 65020. Call 573-346-4911; Fax: 573-346-1414. E-mail: cops@nationalcops.org Website: <http://www.nationalcops.org>

Delta Society Pet Bereavement Support Groups * Online. Maintains a database of pet bereavement support groups and pet loss resource persons. Call 425-226-7357; Fax: 425-235-1076. Website: <http://www.deltasociety.org> E-mail: info@deltasociety.org.

Grief share * National. 3200 affiliated groups. Founded 1998. Network of support groups to assist any person who is grieving the loss of a loved one. Offers information, referrals, literature, help in starting groups. Write: Grief share, 250 S. Allen Rd., P.O. Box 1739, Wake Forest, NC 27587. Call 1-800-395-5755 or 919-562-2112; Fax: 919-562-2114. E-Mail: info@griefshare.org Website: <http://www.griefshare.org> Write: Sumy Cioer, Grief Share, P.O. Box 1739, Wake Forest, NC 27587.

National Fallen Firefighters Foundation Survivors Support Network * National network. Founded 1992. Provides emotional support to spouses, families, and friends of firefighters who have died in the line of duty. Members are matched with survivors of similar experiences to help them cope during the difficult months following the death. Write: National Fallen Firefighters Foundation Fire Service Survivor Support Network, P.O. Drawer 498, Emmitsburg, MD 21727. Call 301-447-1365; Fax: 301-447-1645. Email: firehero@erols.com Website: <http://www.firehero.org>.

National Donor Family Council * National. 52 affiliated groups. Founded 1992. Mutual support for families who donated the organs/tissues of a loved one who died. Provides literature, programs and local resources. Newsletter, pen pals, conferences, advocacy. Write: National Donor Family Council, 30 E. 33rd St., New York, NY 10016. Call 1-800-622-9010 or 212-889-2210; Fax: 212-689-9261. Website: <http://www.donorfamily.org> E-mail: donorfamily@kidney.org.