

Southern Arizona Bereavement Support Services Guide- 2026
 For changes contact Jordana Barness at jordana.barness@agapehospiceaz.com

TUCSON HOSPICE COMMUNITY ADULT GRIEF SUPPORT GROUPS
 CONFIRM GROUP INFORMATION BEFORE ATTENDING (Verify date/time as well as in-person/virtual format)

Sponsor	Day	Time	Group Meets	Contact Number
Harmony Community Healthcare	Monday Wednesday	12:00-1:00 p.m. 5:30-6:30 p.m.	Harmony Hospice 310 S. Williams Boulevard #210	520-904-6607
Arista Hospice	1st Thursday	10:00-11:00 a.m.	Arista Hospice 1636 N. Swan Road #250	520-333-0333
Hospice of the Valley	1st & 3rd Thursday *Must RSVP before attending	6:00 - 7:30 p.m.	Virtual Meeting	602-530-6970
Agape Hospice	Friday (in-person and virtual options) *Must RSVP before attending	10:30 a.m.	Agape Hospice 4400 E. Broadway Boulevard #400	520-207-5817
Casa de la Luz	Friday (virtual)	10:00 - 11:30 a.m.	Casa de la Luz 7740 N. Oracle Road Building 7760	520-544-9890
Casa de la Luz	Friday	12:30 - 2:00 p.m.	Casa de la Luz 7740 N. Oracle Road Building 7760	520-544-9890
TMC Hospice	Saturday *Must RSVP before attending	10:00-11:00 a.m.	Location provided upon RSVP confirmation	griefsupport@tmcaz.com
Hospice of the Valley	2nd Saturday	10:00-11:30 a.m.	Our Saviour's Lutheran Church (Ramada Room) 1200 N. Campbell Avenue	520-594-8555
Bristol Hospice		Call for Information	Bristol Hospice 5210 E. Williams Circle #530	520-300-9337
Dependable Hospice		Call for Information	Dependable Hospice 5255 E. Williams Circle #4020	520-901-5200

NON HOSPICE AFFILIATED ADULT GRIEF SUPPORT GROUPS

CONFIRM GROUP INFORMATION BEFORE ATTENDING

Sponsor	Day	Time	Group Meets	Contact Number
Widows/Widowers Marana	Monday	10:00 -11:30 a.m.	Watermark at Continental Ranch 8689 N. Silverbell Road	520-884-4570 widowedtowidowed.org
Widows/Widowers Eastside	Monday In-person and Virtual	10:00 - 11:30 a.m.	Harrison Hills Mobile Home Park Clubhouse 4675 S. Harrison Road	520-884-4570 widowedtowidowed.org
Widows/Widowers Central	Tuesday	10:00 - 11:30 a.m.	Jewish Community Center Senior Library 3800 E. River Road	520-884-4570 widowedtowidowed.org
Widows/Widowers Eastside	Thursday	5:00-6:30 p.m.	Saguaro Christian Church 8302 E. Broadway Boulevard	520-884-4570 widowedtowidowed.org
Widows/Widowers Oro Valley	1st Saturday	3:00-4:30 p.m.	Watermark at Oro Valley 9005 N. Oracle Road	520-884-4570 widowedtowidowed.org
St. Mark's Methodist Church	Wednesday	4:00-5:00 p.m. *Must Call Before Attending	St. Mark's Methodist Church 1431 W. Magee Road	*Susan Proebsting 520-221-7766
Monsoon Light, LLC Grief & Loss Groups	Thursday	10:30-12:00 p.m.	Location provided upon RSVP confirmation	520-329-4161 520-314-8220
Integrative Storytelling: Sudden/Violent Death/Loss Group	Thursday	5:00-7:00 p.m.	Location provided upon RSVP confirmation	520-477-6930 520-314-8220
Transitions	Thursday	6:30-8:00 p.m.	Sunrise Chapel 8421 E. Wrightstown Road	520-298-1245
Corpus Christi Catholic Church	1st & 3rd Friday	10:00-11:30 a.m. *Must Call Before Attending	Corpus Christi Catholic Church Chapel 300 N. Tanque Verde Loop Road	520-240-3599 tanis@qualityoflifecounseling.net

GriefShare

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Built around a 12-14 week video curriculum, GriefShare support groups meet weekly to help you face the challenges of grief and move from mourning to joy. Grief Share is a nondenominational program offered by local churches. People of all faiths (and those who do not practice a faith) are welcome. The program includes practical information from the Christian Bible. www.griefshare.org

SPECIFIC TUCSON GROUPS

CONFIRM GROUP INFORMATION BEFORE ATTENDING

Sponsor	Day	Time	Group Meets	Contact Number
AIDS Support/Coping Skills	Wednesday (In-Person and Virtual)	2:00 - 3:30 p.m.	Southern Arizona AIDS Foundation 375 S. Euclid Ave.	520-628-7223 saaf.org
ALS Association Arizona Chapter	4th Monday	1:00 - 3:00 p.m.	Our Saviour's Lutheran Church 1200 N. Campbell Ave.	520-404-7762 alsaz.org
ALS Association Arizona Chapter	3rd Wednesday	6:00 - 7:30 p.m.	Statewide Virtual Meeting	520-404-7762 alsaz.org
Southern Arizona Senior Pride- LBTQ+ Women's Support *For individuals aged 55 and over	Monday	11:00 - 12:30 p.m.	In-Person Meeting- For More Information Contact Senior Pride	520-312-8923 info@soazseniorpride.org
Southern Arizona Senior Pride- LBTQ+ Women's Support *For individuals aged 55 and over	Thursday	1:30 - 3:30 p.m.	Virtual Meeting- For More Information Contact Senior Pride	520-312-8923 info@soazseniorpride.org
Southern Arizona Senior Pride- LBTQ+ Women's Support *For individuals aged 55 and over	Friday	10:00 -11:30 a.m.	In-Person Meeting- For More Information Contact Senior Pride	520-312-8923 info@soazseniorpride.org
Southern Arizona Senior Pride- GBTQ+ Men's Support *For individuals aged 55 and over	Tuesday	1:30 - 3:00 p.m.	In-Person Meeting- For More Information Contact Senior Pride	520-312-8923 info@soazseniorpride.org
Southern Arizona Senior Pride- Intergenerational group for Transgender and Non-binary adults *For individuals aged 18 and over	2nd Sunday	4:00 - 6:00 p.m.	In-Person Meeting- For More Information Contact Senior Pride	520-312-8923 info@soazseniorpride.org
Homicide Survivors, Inc. *Spanish-speaking meetings available		Call or Visit Website For Information	5049 E. Broadway Blvd. Ste. 151 Virtual and In-person Meetings	520-207-5012 homicidesurvivorsinc.org
Empact Survivors of Suicide	1st & 3rd Thursday (virtual opportunity also available)	6:00 - 8:00 p.m.	Catalina United Methodist Church 2700 E. Speedway Blvd. Room H-30 Lower Level	480-784-1514 Toll Free # 866-205-5229 empactsos.org

OUTLYING GRIEF SUPPORT GROUPS

CONFIRM GROUP INFORMATION BEFORE ATTENDING

Sponsor	Day	Time	Group Meets	Contact Number
Casa Grande Compassus Hospice	Tuesday	1:00 - 2:00 p.m.	Hospice Compassus Office 1821 N. Trekell Road Ste. 8	520-421-7143
Green Valley Valley Presbyterian Church	3-4 times yearly	Call for Information	Green Valley Presbyterian Church 2800 S. Camino Del Sol	520-625-5023
Maricopa Compassus Hospice	1st and 3rd Thursday	1:00- 2:00 p.m.	Maricopa Senior Center 41614 W. Smith-Enke Road Ste. 100	520-421-7143
Sierra Vista Casa de La Paz Hospice	Monday (6 week programs)	4:00 p.m.	Sierra Vista Nazarene Church 1215 Camino Real (Olson Building)	520-263-3400
Bisbee Casa de La Paz Hospice	Meets Quarterly	Call for Information	Bisbee Senior Center 101 Cole Avenue	520-263-3400
Douglas Casa de La Paz Hospice	Thursday (English and Spanish)	3:00 p.m.	United Methodist Church 715 11th Street	520-263-3400
Sierra Vista Valor Hospice	Monday	3:00 - 4:00 p.m.	Valor Hospice Office 1048 E. Fry Boulevard Ste. E	520-677-2432

PET LOSS

CONFIRM GROUP INFORMATION BEFORE ATTENDING

Pet Loss	Harmony Community Healthcare: In-Person Pet Loss Grief Support Group- Tuesdays from 12:00 - 1:00 p.m. Virtual Pet Loss Grief Support Group- Mondays from 7:30 - 8:30 p.m.	520-904-6607 310 S. Williams Boulevard #210
Pet Loss	http://www.pet-loss.net/	
Pet Loss	Hospice of the Valley (Phoenix) is hosting a virtual Pet Loss Support Group on the first Saturday of each month from 9:00-11:00 a.m. https://hov.org/our-care/grief-support/grief-support-groups/	602-636-5390 info@hov.org

CHILDREN AND FAMILIES GRIEF SUPPORT AND YOUNG ADULT GRIEF SUPPORT (AGES 18-29)

CONFIRM GROUP INFORMATION BEFORE ATTENDING

Sponsor	Day	Time	Group Meets	Contact Number
Tu Nidito Children & Families	Monday, Tuesday, Wednesday or Thursday (2x monthly meetings)	6:45 - 8:15 p.m.	Tu Nidito 3922 N. Mountain Avenue	520-322-9155 tunidito.org
Tu Nidito Young Adult Age 18-29	2nd & 4th Monday	Call for Information 6:00 - 7:30 p.m.	Tu Nidito 3922 N. Mountain Avenue	520-322-9155 tunidito.org
Tu Nidito Parent - Serious Illness	1st & 3rd Monday	6:45 - 8:15 p.m.	Tu Nidito 3922 N. Mountain Avenue	520-322-9155 tunidito.org

*Groups meet 1x monthly during May, June, and July

NACG (National Alliance for Children's Grief) has a Grief Support Resource Library to reference
nacg.org/resource-library/

DEATH OF A CHILD GRIEF SUPPORT

Sponsor	Day	Time	Group Meets	Contact Number
Compassionate Friends	2nd & 4th Wednesday	7:00- 9:00 p.m.	Christ Church United Methodist - Social Hall 655 N. Craycroft Road	520-721-8042 tucsontcf.org
Compassionate Friends Oro Valley		Email for information	Resurrection Lutheran Church 11575 N. First Avenue	tcforovalley@yahoo.com
Helping Parents/Siblings/Fathers Heal		Call/email for information or visit website		480-363-5275 elizabeth@helpingparentsheal.org helpingparentsheal.org
Helping Parents Heal	2nd Saturday	10:00 a.m.	Call for location and to RSVP	Kris Killian: 612-804-9204
Helping Parents Heal		Visit website for information	Caring Listeners (available 24/7 at no charge)	https://www.helpingparentsheal.org/caring-listeners/
Helping Parents Heal		Visit website for information	Virtual Zoom Meetings	https://www.facebook.com/groups/helpingparentsheal
Helping Siblings Heal	2nd Sunday	2:00- 4:00 p.m.	Unity of Tucson 3617 N. Camino Blanco	www.facebook.com/groups/helpingsiblingsheal
Tu Nidito Pathways & Angels By Your Side	1:1 support available for families w/child with serious medical diagnosis/death of child	Call/Email to complete referral	Tu Nidito 3922 N. Mountain Avenue	520-322-9155 tunidito.org

CRISIS INTERVENTION

With changes: Contact Jordana Barness jordana.barness@agapehospiceaz.com

Crisis Intervention	Days	Hours	Facility	Contact Information
Suicide and Crisis Lifeline- National Mental Health Hotline	Crisis Hotline *Spanish availability	24/7	National Suicide and Crisis Lifeline 988lifeline.org	Call or Text 988
Immediate Crisis Help	Crisis Hotline	24/7	Community Wide Crisis Line (able to connect to the Tucson Crisis Response Center if needed)	520-622-6000
Immediate Crisis Help	Crisis Text Line	24/7	crisistextline.org	Text 'HOME' to 741741
Survivors of Suicide Crisis Hotline	Crisis Hotline	24/7	Empact	1-866-205-5229
Veterans Crisis Hotline	Crisis Hotline	24/7	National Veterans Crisis Hotline	Dial: 988- then press 1 Text: 838255 Chat: VeteransCrisisLine.net/Chat
Domestic Violence	Crisis Hotline	24/7	Emerge emergecenter.org	1-888-428-0101 520-795-4266
Sexual Assault	Crisis Hotline	24/7	SACASA (Southern AZ Center Against Sexual Assault) https://www.sacasa.org/	520-327-7273 800-400-1001
LGBTQ Domestic Violence, Sexual Assault, Hate Crimes	Crisis Hotline *Spanish availability	Monday-Friday 8:00 a.m.- 7:00 p.m.	SAAF (Southern AZ AIDS Foundation) - LGBTQ Anti-Violence Project https://saaf.org/services/anti-violence-project/	800-553-9387 520-624-0648 AVP@saaf.org
LGBTQ (Ages 13-24)	Crisis Hotline	24/7	The Trevor Project https://www.thetrevorproject.org/get-help/	Text 'START' to 678-678 or Call 866-488-7386
Tucson Non-Emergency Warm Talk Line	Helpline *Spanish availability	8:00 a.m.- 10:00 p.m. (365 days/year) Holidays 8:00 a.m.-6:00 p.m.	HOPE https://hopearizona.org/warm-line/	520-770-9909 844-733-9912
AZ Warm Line- For Families	Helpline	Monday-Friday 8:00 a.m.- 6:00 p.m. Saturday-Sunday 8:00 a.m.-12:00 p.m.	NAMI Southern Arizona https://www.namisa.org/	877-568-8468

BEREAVEMENT THERAPISTS & COUNSELORS

Beck, Chandel M. MS, LAC	520-314-8220 chandel.tca@gmail.com	Virtual and teletherapy opportunities
Flannagan, Elaine, LPC	520-749-2075	2630 E. 8th Street, Tucson, AZ 85716
Gaffney, Joel, Ph.D.	520-621-3334 *UofA Students ONLY	1224 E. Lowell Street, Bldg 95 Tucson, AZ 85721
Harada, Patti, BA	520-977-5566	16345 N. Coronado View Road, Catalina, AZ 85739
Harmon, Lane, MC, LPC	520-297-6228	1431 W. Magee Road, Tucson, AZ 85704
Collier, Barbara, RN, LPC, SEP	520-403-5611	3742 N. Edith Blvd., Tucson, AZ 85718
Knight, Margaret Anne, MA,CPC,CSAC	520-623-7725	2450 E. Speedway Blvd., Suite 2, Tucson, AZ 85719
Miller, Carol S., LCSW	520-477-6930 carolsmillerlcsw@gmail.com	
Milner, Debra Garfield, RN, LCSW	520-290-8456	6039 E. Grant Road, Tucson, AZ 85712
Munsey, Susie, LCSW ~ Children and Families	520-200-7889	3136 N. Swan Road, Tucson, AZ 85712
Roze, Paula, LCSW	520-549-1098	10501 E. Seven Generations Way, #204, Tucson, AZ 85747
Stone, Dan, LCSW, LISAC, CT	520-403-4114	4949 E. Placita Alisa, Tucson, AZ 85718
Titley-Rubio, Jennifer, LCSW	520-329-4161 titleyrubio@gmail.com	Campbell Avenue/River Road as well as virtual opportunity

MENTAL HEALTH: COMMUNITY RESOURCES & ONLINE PLATFORMS

El Rio Health	520-628-7871	https://elrio.org
The Aleph Center, PLLC	520-885-5558	www.alephcenter.com
Jewish Family & Children's Services	520-795-0300	https://jfcstucson.org/services/counseling/counseling-for-all-ages/
Entune Behavioral Health	520-896-1400	https://entunebh.com/therapy-services/
SoulSpace	520-214-8650	https://www.soulspacetucson.com/counseling-services/individual-therapy-services
BetterHelp		https://www.betterhelp.com/
SonderMind		https://www.sondermind.com/
Psychology Today		https://www.psychologytoday.com/us/therapists