Grief and Loss
Supporting Families in Dakota County

There is support for parents and families who have lost an infant, child or a family member.

Losing someone that you love or care deeply about is very painful. You might have a lot of emotions, and it may feel like the pain and sadness you’re experiencing will never go away. These are normal reactions to a loss.

While there is no right or wrong way to cope with losing someone, there are healthy ways that, in time, can renew you and help you move forward. These resources can help you work through your grief. It’s a sign of strength, not weakness, to seek help.

Pregnancy and Infant Loss

Children’s Minnesota ...................... 612-813-6285
St. Paul, MN
www.childrensmn.org
Minnesota Sudden Infant Death (SID) Center counsels families and all affected individuals by offering a range of information and support (funeral assistance for newly bereaved families, grief resources, a parent support group and a newsletter).

Pregnancy and Postpartum

Support Minnesota ....................... 952-854-1997
www.pregnancypostpartumsupportmn.com
Many support groups in the twin cities area for pregnancy loss, stillbirth, newborn and infant death and sudden infant death.

Shepherd of the Valley
Lutheran Church ......................... 612-207-1722
Apple Valley, MN
www.sotv.org/support
A peer-led support group for those having difficulty conceiving or who have experienced miscarriage or loss. All are welcome, individually or as couples.

Support Groups and Resources for Individuals and Families

All Saints Church ............................. 952-985-9983
Grief Support Ministry
Lakeville, MN
www.allsaintschurch.com
Parish grief support ministry for any and all who are grieving the loss of a loved one, no matter how recent or how long ago.

Center for Grief, Loss and Transition .................. 651-641-0177
St. Paul, MN
www.griefloss.org
Specializes in grief and loss therapy. Accepts Medical Assistance/MN Health Care Programs.

South of the River - Shepherd of the Valley
Lutheran Church
Apple Valley, MN
www.sotv.org/support
For all parents who are grieving the loss of a child of any age from any cause. No cost and no registration needed.
Support Groups and Resources for Individuals and Families (continued)

**Fairview Youth Grief Services** .......... 952-892-2111  
www.fairview.org (search “youth grief”)  
Youth Grief Services is a community service of Fairview which provides a safe and nurturing place where you and your children can turn for help after a loved one dies.

**Growing Through Loss**  
Twin Cities South Suburban .......... 651-452-8261  
www.growingthroughlossstc.com  
Support for adults who have experienced a loss. Sponsored jointly by The Interdenominational South Suburban Grief Support Coalition (13 churches).

**Hosanna! Church - Grief Share** .......... 952-435-3332  
Lakeville, MN  
www.hosannalc.org  
A 13-week session to guide you through your grief.

**Iris Reproductive Mental Health Services** .......... 612-548-4266  
Burnsville, MN  
www.irisrepro.com  
Family therapist specializing in reproductive mental health. Accepts Medical Assistance.

**Growing Through Grief** .......... 952-993-6087  
www.parknicollet.com  
Growing through Grief is a school support program for children and teens who have experienced the death of a loved one. This program works with various school districts on peer support activities for students (K-12). School districts include Rosemount, Eagan, Burnsville, and Eastview High School.

**Prince of Peace Grief Support** .......... 952-435-8102  
Burnsville, MN  
www.popmn.org/igethelp/supportgroups  
Weekly guest speakers address an aspect of the grief process followed by safe, confidential, Christ-centered support. Small groups are available for those in loss of a parent, sibling, spouse, child or friend.

**St. Elizabeth Ann Seton Parish** .......... 651-437-4254  
Hastings, MN  
www.seasparish.org/121  
**Seasons of Hope: Grief Support For Adults**  
Group meets for six consecutive weeks. For anyone mourning the loss of a loved one, and may bring a guest.

**Rainbows: Grief Support for Children**  
Sensitive, caring, trained adults help children/teens work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family. A non-denominational program, no cost to participate.

Support Groups for Suicide Loss

**Mary Mother of the Church** .......... 952-890-0045  
Burnsville, MN  
www.mymotc.org  
For adults, meets the 2nd Tuesday and 4th Thursday of the month at 7:00 p.m.

**Suicide Awareness Voices of Education (SAVE)**  
www.SAVE.ORG  
Suicide survivors grief support groups are available throughout Minnesota, find the locations on-line.

Contact your child’s school guidance counselor for additional resources and support.

We suggest you call before you attend a support group for the first time, to make sure that the group is still meeting at the place and time listed.

This list is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.

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