

Widows and Widowers

Grief Support

Topic-based gatherings for widows and widowers. Takes place at St. Bernard's Church, 1617 W. Pine St., Appleton. Contact Pam at 920-739-0331 for dates and times.

Rainbows

Provides a social environment for widows and widowers. Meetings are held on the 3rd Sunday of each month, with a weekly breakfast and other activities included. Locations vary. No fee. Weekly notice in the newspaper on Thursdays. Contact Milson Zimmerman at 920-733-7817 for more information.

New Beginnings

A dinner group for widows and widowers, including a wide range of other social events. Held on the 2nd Wednesday evening of each month. Advance registration is required. Contact Donna Nemecek at 920-739-2093 or Emily at 920-766-2341. Email: dmntheo@aol.com

Trauma

Survivors of Suicide

Support group for family members, friends, and co-workers of those who have died by suicide. Minimum age is 14 years old. No fee and no advance registration is required. The group is sponsored by Community for Hope of Greater Oshkosh, Inc. www.communityforhope.org

Appleton~ Fox Valley Unitarian Universalist Church, 2600 E. Philip Lane. Held on the 2nd Monday of each month from 6:30pm-8:30pm.

Oshkosh~ Bethany UCC Church, 145 W. 24th Street. Held on the 3rd Thursday of each month from 6:30pm-8:30pm.

Ripon~ Immanuel United Methodist Church, 401 W. Fon Du Lac St. Held on the 1st Thursday of each month from 6:30pm-8:30pm

For more information regarding these groups, contact Mary VanHaute at 920-680-4710

Other Support

Fullness of Life

Prayer services for grieving families

Appleton~ St. Elizabeth Hospital. Services are held 3 times per year: April, August and December on the 1st Thursday of the month at 6:30pm. Call 920-738-2655.

Oshkosh~ Mercy Medical Center. Services are held on the 1st Tuesday of the month in March, June, September and December at 7:00pm. Call 920-223-0120.

Local Churches

Please remember your local churches and clergy. They may be of comfort and assistance to you.

Professional Counseling

Grief and loss will affect us all, many times throughout our lives. There may be times when we flow through it, feel it and move on. It's never easy; but some losses are harder than others and we can become stuck. The Fox Valley area is fortunate to have many qualified counselors. For referrals, please contact your health care provider, clergy, friend or Valley Funeral Home.

Hospice Memorial Services

Many area hospices conduct memorial services throughout the year for the families they have journeyed with and for the general public. Please contact them directly for more information.

Valley Funeral Home

2211 N. Richmond St.

Appleton, WI 54911

Phone: 920-733-5435

Fax: 920-733-9458

Email: valley@valleyfh.com

Website: www.valleyfh.com

"Serving as would be Served"

Valley Funeral Home
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Fox Valley Grief
Support Groups



Although it may seem impossible during this difficult time, you can learn to enjoy life with out your loved one. The Fox Valley is comprised of a group of caring individuals that are ready to offer you comfort, compassion, guidance, and hope, as you work through your grief.

Standard Grief Groups

Open Grief Group

Meets the 1st and 3rd Thursday of the month from 7-8:30pm at St. Jude the Apostle Church, Oshkosh (5th Street, in the parish office building, behind the church). Anonymous, ecumenical, no fee. Contact Linda Hillary at 920-235-7421

Grief & Loss

Scripture based grief and loss information, sharing and prayer sessions. Thursdays, 9:00am at St. Bernard's Church, 1617 W. Pine St., Appleton. Contact Pam at 920-739-0331 for session dates.

Caring Companions Bereavement Support Group

For all adults mourning the loss of a loved one. Six-week sessions offered in April and September. 6-7:00pm at St. Mary's Church, 212 Appleton St., Menasha. No fee. Contact Joan Spielbauer at 920-731-5898 for exact dates.

Grief Support Drop-In Groups

Open to any adult grieving the death of a loved one. Refreshments and handouts are provided. No fee. Contact Deb Kosmer at Affinity Visiting Nurses 1-866-236-8500

Appleton~ 1st Tuesday of the month at the Thompson Community Center, 820 College Ave. Groups start at 2:30pm & 6:30pm.

Oshkosh~ 1st Thursday of each month at St. Andrew's Ev. Lutheran Church, 1100 E. Murdock Ave. Groups start at 2:30pm & 6:30pm.

Theo (To Help Each Other)

Support/learning for those who have had a loved one die. Held on the 1st and 3rd Monday of each month, 7:00pm at St. Mary's Church, 312 S. State St., Appleton, in the Community Room. No fee. Contact Deacon Bill Burke at 920-733-7484, the parish office at 920-739-5119 or Donna Nemecek at 920-739-6890.

Calvary Bible Church, Neenah

Wednesday evenings, 13 sessions held throughout the year from 7-8:30pm, room 145. No fee, \$15 workbook optional. Contact Debbie Smoll at 920-725-3896 for more information.

Living with Loss—Six Week Group

Grief support group for adults who have experienced the loss of a loved one. Offered in the fall and spring by ThedaCare at Home Hospice in Appleton. No fee. Advance registration is required. Contact Rachel Seppi, Bereavement Coordinator, ThedaCare at Home Hospice, 800-954-5554 or 920-730-3408. Email: Rachel.seppi@thedacare.org

Men Journeying Through Grief

A gathering of men who have experienced the death of a loved one. Gathering includes dinner, discussion, grief information, and resources. No fee. Call for dates. Deb at 920-727-2013 or Pete at 920-831-9905.

Children

Camp Hope

A weekend program where children and teenagers gather to work through the grieving process after a loved one dies. Fun is also the top priority at Camp Hope. No fee. Contact Becky at 715-341-0076. www.camphopeforkids.org

Center for Grieving Children

Programs of peer-to-peer support for grieving children of all ages and their parents. Held at the Boys & Girls Club of the Fox Valley, 117 S. Locust St., Appleton, from 6-8:00pm. Includes dinner. No fee. For more information and to register contact Loris Damerow at 731-0555 ext. 244.

Teen Bereavement Support Group

A support group for teens ages 13-18 who have experienced a loss through death. The group meets every Thursday from 4:45pm-6:00pm at the Harmony Café. It is held on the 3rd floor in the group "red" room. For more information or to register, contact director Loris Damerow at 920-731-0555 ext. 244 or email her at ldamerow@bfclubfoxvalley.org

Grieving Parents

Remembering Through Sharing

Pregnancy loss support for those who have experienced a miscarriage, stillborn or an infant by death. Group meets on the 1st Wednesday of each month, 7-8:30pm at ThedaCare or Appleton Medical Center. No fee. Advance registration not required.

Compassionate Friends

~For parents who have experienced the death of a child~

Oshkosh~ 1st Monday of the month, from 6:30-8:30pm at St. Peters Church, 1317 Faust Ave.

Neenah~ 4th Thursday of the month from 7-8:30pm at Faith United Methodist Church, 1025 Tullar Road. Contact Deb Schultz at 920-725-6340.

Freedom to Grieve

Support group for those who have experienced a miscarriage or stillbirth. Group meets on the 2nd Monday of each month from 7-8:30pm. During the first 6 months, the meetings are held at St. Elizabeth Hospital in Appleton. During the second 6 months, the meetings are held at Mercy Medical Center in Oshkosh. Registration is not required, but appreciated. Contact Nurse Direct at 1-800-362-9900 or Mary Sullivan at 920-738-2487.

Elizabeth Ministry

Ministry for bereavement of miscarriage, stillbirth, infant or child death, failed adoptions, and infertility. Support groups, mentoring, memorials, retreat, and a resource center. Contact Jeannie at 920-766-9380, 120 W. 8th Street, Kaukauna.