

Grief Support Groups

(ADULTS 18 YEARS OF AGE AND OLDER)

Individual Grief Counseling

(FOR PEOPLE OF ALL AGES)

In North Oakland



CRISIS SUPPORT SERVICES

of Alameda County

Many people find that they are experiencing grief in isolation, are confused about their feelings and are overwhelmed. Often, sharing one's feelings and experience of loss with others can greatly aid in the healing process. Our bereavement support groups provide a safe, confidential and welcoming place to give and receive support.

General Bereavement

Our grief support group provides a confidential place to mourn the loss of your loved one and an opportunity to express feelings of loss, abandonment, fear, anger and guilt in a community of support.

Homicide Bereavement

Homicidal loss is like no other. Losing a loved one to homicide is especially difficult for survivors who are frequently re-traumatized by the lengthily and intrusive criminal justice process.

Suicide Bereavement

The suicide of a loved one is a profoundly traumatic event. Those left behind often feel isolated, disoriented, numb and overwhelmed.

Registration

The size of each group is limited to 8 participants and pre-registration is required. There is a sliding scale fee based on income; no one is turned away for inability to pay.

Services are provided by counselors in training supervised by licensed therapists.

For information about group & individual counseling call 1-800-260-0094.

Trauma Informed Care

Crisis Support Services of Alameda County recognizes and understands the impact of trauma including the challenge of accessing supportive services. Our mission is to provide a welcoming and safe environment rooted in the belief that through collaboration with clients at every stage of services, healing is possible.