



COPING WITH THE LOSS OF A LOVED ONE

EDUCATION

- **Funeral Consumers Alliance of Northern California**
(916) 486-3552
Web address: fcanc.org
Fee: \$40 donation (lifetime membership)
Offers public education about mortuary services. Brochures also available.

GRIEF COUNSELING

- **New Horizons Counseling Center**
(916) 485-1211
Hours: Monday – Friday, 9 am – 8 pm; by appointment
Fee: Sliding scale based on income

SUPPORT GROUPS

- **Bereavement Network Resources**
(916) 557-5882 (message phone)
Web address: www.griefhelpsacramento.com
Educational or Sharing Groups, each Thursday, 7:30 – 9:00 pm
Sutter Center, 7700 Folsom Blvd.
Fee: Donations appreciated
Facilitated by professionals
- **Mercy San Juan Bereavement Group**
(916) 537-5098 (Chaplaincy Services)
Meeting 1st and 3rd Wednesday of each month, 6pm-7pm
6501 Coyle Ave., Carmichael
Meetings held in cafeteria conference room
Fee: None; open to anyone; no registration required
Facilitated by professionals
- **UC Davis Hospice Support Group**
(916) 734-1139 (Bereavement Coordinator)
Call for information and registration.

Widowed Persons Association of California

(916) 972-9722

Web address: www.sacwidowed.org

Sunday Support Group, every Sunday 3:00 – 5:00 pm, 2628 El Camino Ave., Suite D 18, Sacramento, no host dinner after group; Newcomers Buffet, 3rd Monday of each month, 5:30 pm, no host dinner and social.

SOCIAL ACTIVITIES

- **Widowed Persons Association of California**

(916) 972-9722

Web address: www.sacwidowed.org

Activities include Bridge, bowling, golf, theatre, day trips, luncheons, dinners, and more.

Fee: Dues for membership (\$60)

- There are many **senior centers** and **nutrition sites** that offer a variety of educational, social and recreational activities for seniors coping with a loss. Call 2-1-1 Sacramento at 2-1-1 OR (916) 498-1000 for a site near you.

LEGAL RESOURCES

- **Senior Legal Hotline**

(916) 551-2140

(800) 222-1753 (Toll Free)

Hours: Monday – Friday, 9:00 am – noon, 1:00 pm – 4:00 pm

Thursdays until 7:00 pm

Fee: none

- **Probate Division, County Superior & Municipal Courts**

(916) 875-3400 ext. 2

Hours: Monday – Friday, 8:30 am – 4:00 pm

Closed 3rd Wednesday of each month until June 2010

- **Superior California Legal Clinics**

(916) 972-1188

Hours: Monday – Friday, 10:00 am – 5:00 pm (by appointment)

Fee: Sliding scale based on income

2-1-1 Sacramento, a program of the Community Services Planning Council, is funded by First 5 Sacramento Commission, Sacramento Housing and Redevelopment Agency, Sacramento County Office of Emergency Services, County of Sacramento, Area 4 Agency on Aging, Sacramento Superior Court, Sacramento Employment and Training Agency, and grants from Bank of America, Internal Revenue Service, and Kaiser Permanente.

FINANCIAL SERVICES

- **California Veterans Affairs Department**
1-800-952-5626
Hours: Monday – Friday, 8:00 am – 5:00 pm
Home loans, State Veterans' Benefits

- **Veterans Service Office- Sacramento County Human Assistance Department**
(916) 874-6811
Hours: Monday – Friday, 8:00 am – 4:00 pm
Fee: none

- **Clearpoint Credit Counseling Solutions**
(AKA Consumer Credit Counseling Service of Sacramento Valley)
(916) 379-3600 (contact main office for various times)
(800) 750-2227 (nationwide)
www.clearpointccs.org
Fee: Varies depending on service
Other languages Spanish, TTY
Consultations on budgeting, managing finances and debt management. Free
Budgeting workshop and bi-monthly workshops for persons facing foreclosure.

- **Social Security Administration**
(800) 772-1213
Hours: Monday – Friday, 7:00 am – 7:00 pm
www.socialsecurity.gov
Audiotext service requires a touch-tone phone.
Fee: None

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