



COPING WITH THE LOSS OF A LOVED ONE

GRIEF COUNSELING

- **New Horizons Counseling Center**
(916) 485-1211
Hours: Monday - Saturday, by appointment only
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
- **Folsom- Mercy Hospital Support Group**
(916) 983-7436 (Chaplaincy Services)
Hours: 2nd and 4th Monday 7pm-8:30pm
Mercy Hospital of Folsom
1650 Creekside Drive, Folsom
- **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 conference room outside cafeteria
Fee: None- open to anyone
Facilitated by professionals
- **UC Davis Hospice Support Group**
(916) 734-1139 (Bereavement Coordinator)
Call for information and registration.

- **Widowed Persons Association of California**
 (916) 972-9443
 Web address: www.widowedcal.com
 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) 972-9443
 Web address: www.widowedcal.com
 Activities include Bridge, bowling, golf, theatre, day trips, luncheons, dinners, and more.
 Fee: Dues for membership (\$50)
- 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 - 4:30 pm
- **Superior California Legal Clinics**
 (916) 972-1188
 Hours: Monday - Friday, 9:00 am - 5:00 pm (by appointment)
 Fee: Sliding scale based on income

FINANCIAL SERVICES

- **California Veterans Affairs Department**
 (916) 653-2573
 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
- **Consumer Credit Counseling Service of Sacramento Valley**
 (916) 379-3600 (contact main office for various times)
 (800) 750-2227 (nationwide)
www.cccssacto.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