

Saint Louis Area Bereavement Support Groups and Resources

Updated 03/2019

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Funeral Home Listings:

Central Saint Louis

Group Name	Location	Meeting Day/Time	Contact
Mercy Hospice Bereavement Program: Support Group	Mercy Hospice Office 1630 Des Peres Rd Des Peres, MO 63131	Morning DropOn Group 2 nd and 4 th Mondays 10-11:30 am No meetings April 2019 Evening 6-Week Closed Group Mondays 5:30 – 7:00 pm Call for evening schedule	Contact Person: 314-729-4400 general number 314-729-4419 Dawn Edwards 314-729-4417 Ann Fronek O'Connell
St. Louis Widowed Social Group	Kirkwood United Methodist Church 201 West Adams Kirkwood, MO 63122	2 nd , 3 rd & 4 th Saturdays 5:00 pm	Contact Person: Dottye Duba (636) 394-2521
	Garden of Life Spiritual Center 9525 Eddie and Park Rd St. Louis, MO 63126	1 st Tuesday 5:00 pm May switch time of meetings	Contact Person: Dottye Duba (636) 394-2521
Cancer Bereavement Support Group for Bereaved Caregivers	Cancer Support Community of Greater St. Louis 1058 Old Des Peres Rd. Saint Louis, MO 63131	Call for meeting times and group assignment.	Dannielle Hodges (314) 238-2000
Heartland Hospice Grief Support Group	12101 Woodcrest Exec. Dr. Ste. 102 St. Louis, MO 63141	Quarterly Sessions Please call for dates or specialty programming	Hillary Finch Bereavement Department for Support Group information: (314) 453-0990

Central Saint Louis (Cont.)			
Group Name	Location	Meeting Day/Time	Contact
Grief Support Group (VITAS Healthcare)	Concord Trinity United Methodist Church 5275 S. Lindbergh Blvd. St. Louis, MO 63126	4 th Thursday 1:00 - 2:00 pm	Ken Jacobs, BCC, LPC 314-682-3440 Call to confirm before attending first session
	New Northside Conf. Cntr. 5939 Goodfellow Blvd. St. Louis, MO 63147	3 rd Wednesday 2:00 -3:00 pm	
	Stonecrest of Town & Country 1020 Woods Mill Rd Town & Country, MO 63017	4 th Wednesday 6:00 – 7:00 pm	
	Windsor Estates of St. Charles 2150 West Randolph St St. Charles, MO 63301	3 rd Wednesday 10:00 – 11:00 am	
	Grandview Care Center Dougherty Ferry 13612 Big Bend Road Valley Park, MO 63088	2 nd Wednesday 10:00 – 11:00 am	
Coping with Loss Grief Support Group	Pathways Hospice & Palliative Care 14805 N. Outer 40 Rd. Chesterfield, MO 63017	2 nd Monday 1:00 – 2:30 pm 2 nd Tuesday 1:00 – 2:30 pm	Linda Jurgin-Pereda Daryn Holdsworth (636) 733-7399 Call to register

Central Saint Louis (Cont.)

Group Name	Location	Meeting Day/Time	Contact
Healing Hearts Grief Support	Kirkwood Baptist Church 211 N Woodlawn Ave Kirkwood, MO 63122	Family Program: Every other Monday 6:30-8:00 pm Spouse Loss: Every other Tuesday 11:00 -12:30 pm Every other Thursday 5:30 – 7:00 pm	Mary Schrader 314-810-4055 Call for start dates.

North St. Louis

Group Name	Location	Meeting Day/Time	Contact
Grief and Loss (DePaul)	Maryland Heights Community Center 2300 McKelvey Road Maryland Heights, MO 63043	3 rd Tuesday 11:30-1:00 pm	David Boyle, Chaplain (314) 344-6873 Mary Serbi (314) 434-0354
Grief Support And Grief Share	Chapel of the Cross 11645 Benham St. Louis, MO 63136	Tuesdays 2:00 – 4:00 p.m. Thursdays 6:30 – 8:30 p.m.	David Funke 314-741-3737

South St. Louis

Group Name	Location	Meeting Day/Time	Contact
Mercy Support Group: Newly Bereaved	Mercy Hospice South 10016 Kennerly Rd. St. Louis, MO 63128 Meet in de Greeff Hospice House	1 st and 3 rd Tuesday 10:00 -11:00 am	Holly Garlitz (314) 543-6895
Mercy Support Group: Open Grief Support	Mercy Hospice South 10016 Kennerly Rd. St. Louis, MO 63128 Meet in de Greeff Hospice House	2nd and 4th Wednesday 1:00 - 2:30 pm OR 1st and 3rd Wednesday 6:30 – 8:00 pm	Dawn Schulte 314-525-7314 Pat Bull 314-343-6892

Franklin County

Group Name	Location	Meeting Day/Time	Contact
GriefShare	1 st Christian Church 6890 Hwy 100 Washington, MO 63090	Every Wednesday 6:30 – 8:00 p.m.	Dave Smith (636) 239-7560 Jim and Judy Weiser (636)390-0689
Heartland Hospice	Franklin county locations vary – call for information	4 and 6 week programs offered quarterly	Washington Hospice office – (636) 390-4723 St. Louis office – (314) 453- 0990
Mercy Grief Support Group Open to the public Washington, MO	Mercy Hospital, 851 E 5 th St Washington, MO	Call for information	Jill Baechle 636-239-8849

Jefferson County

Group Name	Location	Meeting Day/Time	Contact
Mercy Hospice Grief Support Groups – all open to public Kids Comfort ages 4 -17 yrs.	Mercy Home Health 5 Industrial Drive Festus, MO 63028	Grief Support: 2nd Monday 10:00 a.m. Kids Comfort: Last Thursday 6:30 p.m.	Patricia Courtois 636-933-5779
Chapel Hill Mortuary's Bereaved Parents	Northwest Jefferson County Library 5860 State Road PP High Ridge, MO	Bereaved Parents Group 1 st Tuesday 7:00 pm Widows Group 3 rd Tuesday 7:00 p.m.	Dianne Lowerre (636) 274-4100
Chapel Hill Mortuary's Widowed Support Group "Lunch Bunch"	Peggs Restaurant on the Blvd 1001 Crossroads Plaza High Ridge, MO 63049	2 nd Wed 11:00 a.m. Please call before attending.	Dianne Lowerre (636) 274-4100
Support Group for all Faiths	Immaculate Conception Parish Center 2300 Church Rd. Arnold, MO 63010	3rd Monday 7:00 - 8:30pm	Mary Taylor 314-610-1296 Barb O'Neil 636-282-9643
Alzheimer's and related Disorders Support group	Crystal Oaks Nursing Center 1500 Calvary Church Rd. Crystal City, MO 63019	1st Wednesday 3:00 - 4:30pm	Mishelle Rolfi (636) 933-1818 or (636) 933-2927

St. Charles County

Group Name	Location	Meeting Day/Time	Contact
Heartland Hospice Grief Support Group Grieving Spouse Support	Heartland Hospice 1097 Wentzville Parkway Wentzville, MO 63385	Grief Support Groups: 6 week sessions – call to register Grieving Spouse: 2 nd & 4 th Thursdays 6:00 -7:30 p.m.	Mary Thompson (636) 327-4018
SSM Hospice	2 Harbor Bend Court, Lake St. Louis, MO 63367	5 week support group offered in Spring and Fall – Call for Details	Kayla Nuby Bereavement Coordinator (636) 695-2054
St. Joseph Catholic Church Seasons of Hope Community Grief Support Group	St. Joseph Catholic Church 1355 Motherhead St. Charles, MO 63304	6 week seminars, 6-8 sessions Saturdays 10 a.m. – 12 p.m. Call for start dates. NOTE: Scripture based program	Kathy Merrell 636-441-0569
C.A.L.L. (Caring and Living Life)	St. John United Church of Christ 405 South 5th St. St. Charles, MO 63301	Widows and widowers social group, meets 1st and 3rd Tuesday at 7pm	Darlene Harkins (636) 946-9144
Chapel of the Cross Lutheran Church – Grief Comfort Group	907 Jungermann Road St. Peters, MO 63376	2 nd Thursday 1:00pm	(636) 928-5885 Bev Cossey manages program
“Single Again” Note: Not strictly a grief program (for divorced or separated, widowed, individuals)	St. Cletus Catholic Church 2705 Zumbahl Road St. Charles, MO 63301	Last Thursday 7:00pm	(636) 946-6327 Church Rose Kaiser 636-332-1959 Rick Pass 618-520-0966
Calvary Church	3998 Mid Rivers Mall Dr. St. Peters, MO 63376	6:00-8:00pm Mondays \$15.00 Call for start dates.	(636) 939-4343

St. Charles County (Cont.)

Group Name	Location	Meeting Day/Time	Contact
Grief support group	St. Joachim and Ann Catholic Church 4112 McClay Rd. St. Charles, MO 63304	Spring and Fall Support Groups More info on website: www.stsja.org/site/	Jim or Jeanne Potts 636-939-3428
"New Beginnings" grief support	Gingham's Homestyle Restaurant 1881 Sherman Drive St. Charles, MO 63303	Tuesdays at 8:30am	Bryan Paul (636) 724-0283
Portals Group for Loss of Life Partners Run by BJC Hospice	Christ Church 6930 Mexico Road St. Peters, MO 63376	Call for times	636-397-6303 Church
Baue Funeral Home Family and Community Center Young Widows Group, Adult Survivors of Suicide Group, Grief Education Classes, Pet Loss	608 Jefferson St. St. Charles, MO 63301	Call for Details.	(636) 328-0878 New members for the adults survivors of suicide group should call (314) 466-2829

St. Charles County (Cont.)

Group Name	Location	Meeting Day/Time	Contact
Bereaved Parents of the USA Self Help Organization offering friendship and understanding to bereaved parents, families and friends experiencing the death of a child.	Chapters are at various locations	Call for details – contact information subject to frequent change	St Charles County Contact 636-462-9961 Troy, MO area 636-462-9961
Grief support group	St Patrick's Catholic Church Rectory Basement 405 South Church St. Wentzville, MO 63385	7 week program offered twice each year, meets Thursday evenings. Call for information	Sally Owens 636-236-2573 636-332-9225 (Church)

Warren County

Group Name	Location	Meeting Day/Time	Contact
Grief Education	Martin Funeral Homes 510 E. main St. Warrenton, MO	1 st Thursday 6:00-7:30pm	Fran M. Spous (636) 456-3316

St. Francois County

Group Name	Location	Meeting Day/Time	Contact
New Beginnings: Grief and Loss	Belgrade Bank in Desloge	Wednesdays 10:00-11:30am	Kathy Grogan (573) 760-3609

Lincoln and Pike County

Group Name	Location	Meeting Day/Time	Contact
Bereaved Parents USA Ingersoll Chapel	211 Boone St. Troy, MO 63379	2 nd Tuesday 7:00 pm	Cindy Morris (636) 462-9961
McCoy and Blossom Funeral Home @ the McCoy and Blossom Banquet Center	1304 Boone Street Troy, MO 63379	2 nd Monday 6:30-8:00 pm	Alicia Trejo Bautista 636-528-8244 Mccoyblossomfh.com

Illinois

Group Name	Location	Meeting Day/Time	Contact
Starting Over	Our Lady of the Snows 442 South Demazenod Belleville, IL 62223	Spring & Fall 6 week sessions Sundays 2:00-4:00pm Call to confirm dates/times	Call for information 618-397-6700
VITAS Healthcare Grief and Loss Seminars, 6 week grief support groups and cinema therapy grief work	8 Executive Dr. Suite 150 Fairview Heights, IL 62208	Call for time and dates	Ranette Allen 618-622-9073
Facing the Future Adult Support Group Programs	Heartlinks Grief Center At Family Hospice 5110 West Main St. Belleville, IL	Ongoing groups 1 st Monday 6:30 pm	Diana Cuddeback 618-277-1800

Parent Support Groups			
Group Name	Location	Meeting Day/Time	Contact
Aching Arms (Parents who have lost a child of any age)	Heartlinks Grief Center At Family Hospice 5110 West Main St. Belleville, IL	Call for dates/times	Diana Cuddeback 618-277-1800
BJC Hospice: Weavings Retreat (mothers who have lost a child) Daybreak Retreat (couples who have lost a child)	Call for details	Call details	314-872-5050
Bereaved Parents of the USA (parents who have lost a child of any age)	Many locations and times in the area, see website for more details	Many locations and times in the area, see website for more details	Hotline (314) 878-0890 www.Bpusastl.org
Mercy Heartprints (parents who have lost a baby)	Mercy Medical Center 615 S. New Ballas Creve Coeur, MO 63140 (in the cafeteria classroom)	2 nd Wednesday 7:00 pm	Maggie Loyet (314) 251-6878
Parents of Murdered Children	St. Alexius Hospital 3933 S. Broadway St. Louis, MO 63118	3 rd Tuesday 7:00 pm in Peterson Hall	St Alexius 314-865-7000
SHARE – Support for bereaved parents	Many locations in the St. Louis area, go to website or call for more information about specific locations.	Meeting days and times vary from location and types of group, see website or call for more specific information.	National Share Office Debra Cozhran 636-947-6164 http://www.nationalshare.org/
SIDS Resources Support for parents and grandparents	Infant Loss Resources 1120 S. 6 th St., Suite 100 St. Louis, MO 63104	Monthly meetings - Please call for specific dates and times	314-241-SIDS (7437)

Grief Support Groups for Children			
Group Name	Location	Meeting Day/Time	Contact
Annie's Hope	1333 W. Lockwood Ste. 104 Glendale, MO 63122	Multiple Services for children ages 3-18 - Call for details- Must complete app	(314) 965-5015 www.annieshope.org
Continuing Care and Support Programs	Baue Funeral Home 620 Jefferson St. Charles, MO 63301	6 week support groups – Call for information OR – see website for schedule	Kristin Ernst (636) 328-0878 https://www.baue.com/grief-classes/
Stepping Stones Grief Camp	1935 Bettway Dr St. Louis, MO 63114	Bereavement camp for children ages 6-12 – held at Camp Wyman; Eureka, MO	314-953-1676 OR https://www.bjchospice.org/Grief-Support/
Labyrinth Teen Retreat	1935 Bettway Dr St. Louis, MO 63114	Teen Retreat for ages 13-19 – held at Camp Wyman; Eureka, MO	314-953-1676 https://www.bjchospice.org/Grief-Support/
Healing Hearts Grief Support Groups Family Program	Kirkwood Baptist Church 211 N Woodlawn Ave, Kirkwood, MO 63122	Every other Monday 6:30-8:00 pm	Mary Schrader (314) 810-4055
Heartlinks Grief Support – ongoing groups- from Preschool thru High School	Heartlinks Grief Center 2058 South Main Edwardsville, IL 62025 and 5110 West Main St Belleville, IL 62226	Ongoing groups meet the 1 st Mon at 6:30 pm All groups occur concurrently	618-277-1800 http://www.myheartlinks.com email: info@myheartlinks.com
Carter's Clubhouse (ages 4-18)	Serenity Hospice Care 5272 Flat River Rd. Park Hills, MO 63601	1 st Monday 6-30-8:00 pm	573-701-2504 https://www.serenityhc.org/carters-clubhouse/

LGBT Support Groups

Group Name	Location	Meeting Day/Time	Contact
SAGE LGBT Care and Support Group	The Willows at Brooking Park 211 S. Woods Mill Rd.	3 rd Saturday of each month, 10:30am – RSVP for group	swayland@sagemetrostl.org 314-862-4900

Grief Counselors: St. Louis City			
Group Name	Location	Information	Contact
Claire Birge, MSW	7396 Pershing Ave. St. Louis, MO 63126	Works with individuals, teens, and couples	(314) 863-3606
Jeff Piper, MSW	Supportive Counseling/Insight Oriented Psychotherapy 130 S Bemiston Suite 506 St. Louis, MO 63105	Specialty: Grief, Anger, Anxiety, and Depression	(314) 361-5983
Provident Counseling	2650 Olive Blvd. St. Louis, MO 63102	Sliding Scale Fees	(314) 533-8200 https://www.providentstl.org/
Center for Counseling and Family Therapy	3700 Lindell Blvd. Morrissey Hall, Suite 1100 St. Louis, MO 63108	Sliding Scale Fees	(314) 977-2505 https://www.slu.edu/medicine/family-medicine/center-counseling-family-therapy/index.php
Petra Blum, PhD	1715 Deer Tracks Trail St. Louis, MO 63131	specializes in grief, anxiety, depression, trauma, sexual abuse, and family relationships	(314) 503-3001 https://petrablumcounseling.com/

Grief Counselors: Central County

Group Name	Location	Information	Contact
Tina Dale, LCSW	8820 Ladue Road, Ste 313 St. Louis, MO 63124	Works with children and teens. Sliding scale fees. Faith based. Specializes in anxiety, children, and PTSD.	(314) 477-8751
Maria Carella, LPC	Home Office	Works with children and teens. Specializes in play therapy, sand tray therapy and illness.	(314) 504-3704
Robert L. Lewis, Ph. D.	7730 Carondelet Ave. Ste. 307 Clayton, MO 63105	Works with teens, and adults. Specializes in anticipatory, complicated grief and loss. Private pay only.	(314) 721-7201 x4
Peggy Nelson, LPC	7730 Carondelet Ave. Ste. 307 Clayton, MO 63105	Specializes in chronic, terminal illness, especially cancer. Private pay only.	(314) 721-7201 X2
Dorothy Becvar, Ph. D.	7349 Dale Ave. St. Louis, MO 63116	Works with adults, teens, and couples.	(314) 645-6686
Tamara Blum, MSW	7751 Carondelet Ave #203, Clayton, MO 63105	Works with children, teens, and adults. Sliding scale fees.	(314) 480-5818

Grief Counselors: West County			
Kathy Guerra	11715 Administration Dr. St. Louis, MO 63146	Specializes in adolescents, family relationships, and women's issues; \$100/session; Reduced fee services available	(314) 560-5567 KathyGuerratherapy.com
Care and Counseling	12141 Ladue Rd. St. Louis, MO 63141		(314) 878-4340 https://careandcounseling.org/
Creve Coeur Community Counseling Associates	Creve Coeur Counseling Associates 9666 Olive Blvd Creve Coeur, MO 63132	Low cost counseling services \$15 per session	(314) 991-0100 https://cccastl.com/
Alynn Mc Manus, MSW, LCSW	677 N. New Ballas, Ste. 208 St. Louis, MO 63141	Works with adults, teens, and couples. Sliding scale fees. Specializes in EMDR, depression, abuse, anxiety, teens, and substance abuse.	(314) 432-1056
Susan Robson, MSW, LCSW	300 Ozark Trail Ste. 220 Ellisville, MO 63011	Works with children and teens. Sliding scale fees. Specializes in family therapy.	(636) 552-9159
Sally J. Riggs, LCSW	220 West Argonne Drive Kirkwood, MO 63122	Works with adults and teens. Grief Support Group, support group for cancer patients and their families	(314) 223-9664

Lisa Wagner-Daegling,LPC	111 Prospect Ave, Ste 203-D Kirkwood, MO 63122	Specializes in grief, loss trauma	(636) 346-4733 www.wagner-daelingcounseling.com
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Grief Counselors: Central County (Cont.)			
Group Name	Location	Information	Contact
Michelle Salois, LCSW, RN	Mercy Professional Services 1015 South Compton Avenue Saint Louis, Missouri 63104	Works with teens, adults, and couples. Sliding scale fees.	(314) 786-3668
Denise Thurmond, MSW	8420 Delmar Blvd. Ste. 209 Saint Louis, MO 63124	Specializes in terminal illness/cancer/ALS	(314) 394-0426
Life Crisis	Creve Coeur, MO 63141	24 hour crisis line	(314) 647-4357 Spanish line: (314) 647-1150
Margo Lucido, PLPC	737 Dunn Rd. Hazelwood, MO 63042	Professional counseling specializing in grief and loss.	(314) 368-1397 margolucido@yahoo.com
Mental Health Association of Greater St. Louis	1905 S. Grand Blvd. St. Louis, MO 63104		(314) 773-1399
Haelan Center, Circles of Hope	7349 Dale Ave. Richmond Heights, MO 63117		(314) 645-6358 https://thehaelancenters.com/

Grief Counselors: Franklin County

Group Name	Location	Information	Contact
Hallam's Counseling	642 Hawthorne Lane Sullivan, MO 63080	Individual, family, grief and marriage counseling. Background in education and counseling children. Accepts private pay and EAP only.	Doris M. Hallam M. ED., LPC (573) 860-4673 jdhallam@fidnet.com
Embracing Change, Inc.	426 East 5 th St. Washington, MO 63090	Counseling, Life Coaching, and Ceremony	Holly Stratton Schmitt, MSW, ACSW, LCSW (636) 239-1117

Grief Counselors: Jefferson County

Group Name	Location	Information	Contact
COMTREA Family Counseling	120 North Mill Festus, MO 63028	Works with children, teens, adults, and couples	(636) 931-2700 https://www.comtre.org/adult-therapy-and-counseling
Family Resource Center	4051 Jeffco Blvd. Arnold, Mo 63010	Works with children, teens, adults, and couples. Sliding scale fees.	(636) 464-9279
Joan Brady	1331 Jeffco Blvd. Arnold, MO 63010	Works with children, teens, adults, and couples. Sliding scale fees.	(314) 550-6097

Grief Counselors: St. Charles County

Group Name	Location	Information	Contact
Ellen Feldman Counseling Center	115 Piper Hill Drive St. Peters, MO 63376		(636) 447-9250
Lesla Bergman, MA, LPC	1000 Lake Saint Louis Blvd Suite 110, Lake St. Louis, MO 63367	Specializes in grief, substance abuse and trauma	(636) 561-5511
O'Fallon Marital Family and Group Counseling Center	1137 North Main St., Ste.2 O'Fallon, MO 63366		(636) 294-2694
Holly Carson	316 South 2 nd St. St. Charles, MO 63301	Specializes in work with children, adolescents, and adults, provides life coaching.	(636) 887-6289
Gayle Horn, LPC Psychological Network	58 Port West Court St. Charles, MO 63303		(636) 916-5800
Catholic Charities	255 Spencer Rd., Ste. 202 St. Peters, MO 63376	Services for all ages available, Sliding scale fee	(636) 498-2273 x:10
Lutheran Family and Children's Services	Multiple locations See website for details	Sliding Scale fee	(314) 787-5100 (Main number) https://lfcsmo.org/locations/
Center for Healing and Hope Variety of specializations	608 Jefferson St, St. Charles, MO	Call for more Information	(636) 328-0878 https://hopeandhealingcounseling.com/

Grief Counselors: Provident Multiple Locations

Group Name	Location	Information	Contact
Provident Counseling	Central City- Main Office 2560 Olive St. Saint Louis, MO 63103	See website for more information https://www.providentstl.org/	For appointment (314) 533-8200
	South City 6555 Chippewa, Ste. 150 St. Louis, MO 63109		24 hour Crisis Line (314) 647-4357
	Jefferson County 3675 W. Outer Rd. Ste. 203 Arnold, MO 63010		Website: https://www.providentstl.org/
	West County 12744 Olive St. Ste. 115 St. Louis, MO 63141		
	Illinois 141 Market Place Dr. Ste. 206 Fairview Heights, IL 62208		

Illinois Counselors:

Tammy Bowles, LPC, ATR-BC: 618-288-8787

20 Professional Park Dr.

Maryville, IL 62062

Tammy is an art therapist with over 30 years of clinical experience. She sees both individuals and families in her practice.

Tracy Ehrhardt, LMFT, ATR: 314-306-7688

850 Vandalia St.

Collinsville, IL 62234

Email: tracy@expressivefamily.com

Website: <https://www.expressivefamily.com/index.html>

Tracy sees people of all ages from 2 onward, including teens, adults, and families. Tracy accepts BCBS, Etna, Health Link, United Healthcare, and offers a sliding scale starting at \$40. Her focus included grief and bereavement related to death by suicide. She utilizes art therapy, play therapy, and a family systems approach. Her website is www.expressivefamily.com.

Diana Cuddeback, LCSW: 314-766-0063 or 618- 277-1800

5110 W Main St

Belleville, IL 62226

Diana works with Heartlinks Grief Center. She works with children and adults. She is very experienced in working with grieving individuals and families.

Karen Lundy, LCPC – 618-281-9282

221 S. Metter Ave

Columbia, IL 63226

Email: karencounselingassociates@gmail.com

Website: www.klundycounseling.com.

She works with children, teens, and adults, and specializes in the use of EMDR and coordinating with other doctors/specialists to ensure continuity of care. She also works with kids and adults who are on the autism spectrum. Karen has a counseling group with three other counselors and can help find the best fit within her counseling group. She has an extensive list of accepted insurance panels and encourages clients to check with their employers to see if they accept EAP (Employee Assistance Program/Plan). She does not currently accept Medicaid. We have received positive feedback from a family served by Karen.

Brianna Overton, LPC: 314-221-2964

Missouri: 3115 S. Grand, Ste. 400

St. Louis, MO 63118

Illinois: 5110 W Main St.

Belleville, IL. 62226

Email: bri_overton@yahoo.com

She specializes in grief and loss, change, LBGTQIA+ community, and life transitions. She does individual counseling in both Missouri and Illinois (HeartLinks). She does not take insurance but will work with the family. Brie is a long-term volunteer for Annie's Hope programs.

Lori Beckwith, LCPC, NCC: 618-281-5777

207 N. Main Street, Ste. 211

Columbia, IL 62236

Website: <https://www.loribeckwithcounseling.com/default.html>

Lori sees children aged 6 and up, as well as adults, and specializes in grief, as well as parenting, family conflict, domestic abuse, and behavioral issues. She accepts a variety of insurances, has a sliding scale, and is an out of network provider.

Claudia Dabney, LCSW: 314-736-3446

203 Dunn Rd.

Florissant, MO 63031

Psychology Today: <https://www.psychologytoday.com/us/therapists/claudia-dabney-florissant-mo/218096>

She works with children ages 4 and older and adult. She has experience in working with individuals with anxiety, mood disorders, grief and depression and focuses on coping skills. She accepts most insurances including Medicaid and offers a sliding scale

Ella Duncan: 618-581-2984

7 Eagle Center Suite B-1

O'Fallon, IL 62269

Email: drella@anchoredcounsel.com

Website: <https://www.anchoredcounsel.com/>

Ella works with kids aged 4 & up and adults. She offers individual, couple, and family. She offers creative tools including play therapy. She has experience working with a variety of life issues including grief, anxiety, depression, self-esteem, and PTSD. She currently accepts most insurances and offers a sliding scale option. Her hours are Monday-Thursday 1pm-7pm and can occasionally offer a session at 8 pm if necessary.

Jan Geogean, LPC, ATR: 618-394-8952

111 Union Hill Rd.

Fairview Heights, IL 63144

Jan is an art therapist and a licensed professional counselor. Her private practice's name is A Thousand Words.

Jamell Jacobs: 314-485-7330

111 Church St, Ste 103

Ferguson, MO 63135

Website: www.selahcounselingstl.com

Psychology Today Listing: <https://www.psychologytoday.com/us/therapists/jamell-jacobs-ferguson-mo/275558>

She works with teenagers and adults with a focus on anger management, depression, and grief. She accepts Medicaid and offers a sliding scale.

Kandy Smith, LPC: 314-739-4515

3751 Pennridge Drive. Suite 119

Bridgeton, MO 63044

Email: kms@choicealliancecounseling.com

Website: <https://www.choicealliancecounseling.com/Kandy-M--Smith--LPC.html>

Kandy works with kids who are 6 or older and adults. She accepts most insurances, including Medicaid and offers a sliding scale. Kandy has experience with grief, anxiety, anger, ADD/ADHD, emotional trauma, blended families, adjustment issues, life skills, and Asperger's. She uses role-play, parallel play and art when working with kids and families.

Missouri Counselors:

Tammy Delbruegge, LCSW: 636-329-4061

3025 A High Ridge Blvd.

High Ridge, MO 63049

Psychology Today: <https://www.psychologytoday.com/us/therapists/tammy-delbruegge-high-ridge-mo/42241>

Tammy works with teens and adults. She accepts most insurances, including Medicaid. She uses tools including books, expressive tools, and talk. Her specialties include depression, anxiety, parenting, and grief.

Brian Bauer, LPC: 314-315-4177

3660 South Geyer Rd, Ste, 100

Sunset Hills, MO 63127

He works with kids ages 11 and older and adults. He has experience with ADHD, mood disorders, grief, and addiction. He currently accepts BCBS, Healthlink, Magellan, out of network, and offers a sliding scale.

Kathleen Dooling, LPC: 855-997-0565

1710 Fenpark Dr.

Fenton, MO 63026

Psychology Today: <https://www.psychologytoday.com/us/therapists/kathleen-m-dooling-fenton-mo/175993>

Kathleen has over 15 years of counseling experience. She works individually with adolescents and adults.

Lauren Scheidegger, LPC, RPT: 314-403-1840

8 Hilltop Village Court

Eureka, MO 63025

Email: Lauren.scheidegger@gmail.com

Website: <https://teatreehealth.com/about/lauren-scheidegger-ma-lpc-rpt-ncc/>

She works with kids who are between 2 and 12 years old. She accepts most insurances, including Medicaid and offers a sliding scale. She does not accept Cigna. Lauren has experience in play therapy, child-led therapy, anxiety, depression, trauma, aggression, behavioral regulation, school issues, and grief. She offers after school hours and will meet with the parent/guardian after each session.

Care Connections: 636-223-0365, Jean: 314-787-5100, Call Jean to schedule an appointment

St. John's Lutheran Church

3517 Jeffco Blvd

Arnold, MO 63010

Email: CareConnections@sjlarnold.org

Website: <https://www.sjlarnold.org/care-connections.html>

Care Connections serves both church members and the local community. They provide counseling for all ages, support groups, parenting classes for new parents and those who are, "Parenting A Second Time Around", and care coordination for parents, families, and caregivers.

Carter's Clubhouse- Serenity Hospice: 573-701-2504

5271 Flat River Rd.

Park Hills, MO 63601

Email: CartersClubhouse@SerenityHC.org

Website: <https://www.serenityhc.org/carters-clubhouse/>

Carter's Clubhouse offers grief support groups for children led by clinical social workers. Tools used include story-telling, letter-writing, drama, art, music, and crafts. They meet once a month on the first Monday of the month from 6:30-8: 00 pm. Provided at no cost to families.

Catholic Family Services: 314-544-3800

9200 Watson Road, Ste 101

Crestwood, MO 63126

They provide counseling services to children, adolescents, adults, and the elderly in various settings, including office throughout the St. Louis area, schools, and places of employment. Counselors can focus on a variety of issues including depression, anxiety, addiction, eating disorders, stress, grief and loss, ADHD, abuse and neglect, and relationship. They accept insurance and offer a sliding scale to individuals who qualify.

COMTREA: 636-376-0079

1817 Gravois Road

High Ridge, MO 63049

Website: www.comtrea.org

They offer a variety of different support programs for individuals of all ages and accept most insurances, including Medicaid. They can offer art and play therapy, comprehensive psychological services, targeted case management, counseling, and substance addiction support. They have locations in Arnold, Festus, and High Ridge.

Megan Hopkins, LPC- 636-288-0598

111 Prospect Avenue #201 B

Kirkwood, MO 63122

Website: <https://www.hopkinscounseling.com/>

She works with individuals and families and offers a sliding scale. She has a strong focus on grief and anticipatory grief and works wonderfully with kids and adolescents. She also runs a girls' empowerment group. She worked for Annie's Hope for several years and is highly recommended. **Megan is offering some virtual sessions.**

Maria Carella, LPC: 314-504-3704

Email: maria@mariacarella.com

Website: www.mariacarella.com

Maria works with teenagers and adults. She specializes in helping women with the emotional challenges of infertility, pregnancy, parenting, miscarriage, and infant loss. **Maria is offering some virtual sessions, including residents of both Missouri and Illinois.**

Natalie Coriell, MA, ATR-BC, LPC: 314-485-9164

Email: nncoriell@gmail.com

Website: www.nataliecoriell.com

Natalie is an art therapist and counselor. She works with adolescents/teens, young adults, and families. Her specialties include: art therapy, trauma-based and trauma-informed counseling, attachment, EMDR, community art, individuals and groups, relationship issues, stress and trauma, school related issues, anxiety, parenting support. **Natalie is offering some virtual sessions.**

Funeral Homes Providing Services

Area	Name of Funeral Home	Phone/Address	Generosity Offered
	Austin Layne	314-389-4778 7733 Natural Bridge	Under age 1 – free services, casket & ride to cemetery
	Austin Layne	314-381-6900 7239 West Florissant	Under age 1 – free services, casket & ride to cemetery
	Alternative Funeral & Cremation Services	St. Peters, Mo	Call For Information
	Archway Memorial Chapel	Hazelwood, Mo.	Call for Information
	Granberry	314-867-8837 8806 Jennings Station Rd.	Cost are minimum dependent on age & size of child. Cremation available. (approx. \$155).
	A.L. Beal	314-389-9675 4746 West Florissant	Reduction done on a per case basis (based on need)
M E T R	Clark & Sons Funeral Chapel	314-727-8656 933 Hodiamont	Time Payment Plans
	Colonial Mortuary	314-832-7770 6464 Chippewa	Reduces overhead costs – services are free, parents purchase burial vaults, etc.

Area	Name of Funeral Home	Phone/Address	Generosity Offered
O S T L O U I S A R E	Colonial Mortuary	314-962-0601 2556 South Brentwood	Reduces overhead costs – services are free, parents purchase burial vaults, etc.
	Kurtis – Affton/South County/City Chapel	314-842-4458 10151 Gravois	Free Stillborn Casket – All services are discounted
	Buchholz – Florissant	314-839-2020 619 Rue St. Francis	Services are Discounted
	Buchholz	636-532-2400 2211 Clarkson Rd.	Services are Discounted
	Buchholz	636-970-7200 837 Mid Rivers Mall Drive	Services are Discounted
	Baue (two St. Charles Locations)	636-940-1000 620 Jefferson St. 636-946-7811 3950 West Clay	If St. Charles Resident – their services are free (2 hr visitation & gravesite service). 0 to 1 years – 29 to 30 inch cradle is free. 50% off all non service items up to age one. 1 to 12 years – 25% discount

Area	Name of Funeral Home	Phone/Address	Generosity Offered
A			
	Hutchens Mortury	Florissant, Mo	Call for Information
	Kriehauser Funeral Home		Call for Information
	Oak Hill Funeral & Cremation	Kirkwood, Mo	Call for Information
	Ortmann-Stipanovich Funeral Home		Call for Information
	Stygar Funeral Home	Florissant, Mo	Call for Information
	Wade Funeral Home	314-385-4800 4282 Natural Bridge	Call for Information
	William C. Harris, Jr. Funeral Directors	314-868-9500 9825 Halls Ferry Rd	Call for Information

Area	Name of Funeral Home	Phone/Address	Generosity Offered
East St. Louis	Nash Funeral Home	618-271-6055 2114 Missouri Avenue	If mom has a Medicaid card, the services are free. (Funeral home completes paper work)
	Officer Funeral Home	618-271-6055 2114 Missouri	No Free Services
Belleville	Serenity	618-233-6000 3416 West Main St.	Call for assistance information.
I L L I	Renner	618-233-5400 120 N. Illinois	50% Discount
	Valhalla Holten Belleville, IL	618-233-3110 3412 Front Scott Parkway West	Funeral Home Services Free with other items being discounted
	Creason – Millstadt	618-476-3111 220 West Washington	Free services items – Other reasonable costs
	Kassly	618-398-1122	Price reduction based on need.

Area	Name of Funeral Home	Phone/Address	Generosity Offered
N		9900 St. Clair Avenue	
O	Cathy Williams & Sons	618-466-9155	Discounts Services
I	Alton, IL	195 Oakwood Road	
S A R E A	Mark's Mortuary Wood River, IL	618-254-5544 633 East Lorena	Under two years – Only charges what public aid pays Casket provided free for children under 2 years Over 2 years – funeral home services discounted
	Gent Funeral Home Wood River, IL	618-466-5544 2409 State St.	Special Infant Pricing
	Serenity Funeral Home	618-233-6000 3416 West Main St.	Price reduction based on need.
	Crawford Funeral Home Jerseyville, IL	618-498-9844 1308 State Highway 109	Donates funeral home services Discounts purchase items as appropriate
Cremation	St. Louis Cremation	314-241-8844	Cost of cremation is \$495.00. Container for remains is provided, but

Area	Name of Funeral Home	Phone/Address	Generosity Offered
2135 Chouteau St. Louis, MO 63103			urns are family expense.
Muslim Families – The Islamic Foundation (636-394-7878) uses:			
Islamic Foundation Funeral Home		517 Weidman Rd. Manchester, Mo. 63011	
Lake Park Cemetery		314-725-7802 7775 St. Charles Rock Rd.	

To search for funeral homes in other areas – go to www.funeralnet.com

Little Angels Program – 314-740-1248 (provides assistance for a casket)