

Grief and Loss

Supporting Families in Dakota County



There is support for parents and families who have lost an infant, child or a family member.

Losing someone that you love or care deeply about is very painful. You might have a lot of emotions, and it may feel like the pain and sadness you're experiencing will never go away. These are normal reactions to a loss. While there is no right or wrong way to cope with losing someone, there are healthy ways that, in time, can renew you and help you move forward. These resources can help you work through your grief. It's a sign of strength, not weakness, to seek help.

Pregnancy and Infant Loss

Allina Health Perinatal Loss..... 651-241-6206

Support Groups

<https://www.allinahealth.org/>

(search Pregnancy and Infant Loss Support Group)

While grieving is painful for everyone, the death of a baby represents a very special grief. The natural bond between bereaved parents enables them to support and encourage each other in a unique way. Whether your loss was through ectopic pregnancy, miscarriage, stillbirth or newborn death, please consider joining this group. Offered virtually, pre-registration is requested. FREE.

Bittersweet: Loss of Multiple Birth or Gestation Support 952-250-8827

Email kaminskibd@gmail.com or call for more information and location. FREE

Iris Mental Health and Wellness 651-456-8494

Burnsville, MN

www.irismentalhealthmn.com

Specialized in reproductive and perinatal mental health. Also focused on birth trauma, pregnancy, infant loss, adoption, fertility challenges and third party reproduction.

Pregnancy and Postpartum Support Minnesota 612-787-7776

www.ppsupportmn.org

Many support groups in the twin cities for pregnancy loss, stillbirth, newborn and infant death and sudden infant death.

Support Groups and Resources for Individuals and Families

All Saints Church

Grief Support Ministry 952-985-9983

Lakeville, MN

www.allsaintschurch.com

Parish grief support ministry for any and all who are grieving the loss of a loved one, no matter how recent or how long ago.

Center for Grief, Loss and Transition 651-641-0177

St. Paul, MN

www.griefloss.org

Specializes in grief and loss therapy. Accepts Medical Assistance/MN Health Care Programs.

Compassionate Friends

South of the River 952-432-6351

Apple Valley, MN

<https://www.sotv.org/groups>

For parents who are grieving the loss of a child of any age from any cause. No cost and no registration needed. Location is at Shephard of the Valley Lutheran Church.

Support Groups and Resources for Individuals and Families (continued)

Children's Minnesota.....612-813-7216

Email Bereavement Services: bereavement@childrensMN.org

Living with Grief: Parent Program

Living with Grief: Youth Program

Pregnancy & Infant Loss Support Group:

This group helps parents who have experienced an ectopic pregnancy, miscarriage, stillbirth or newborn death (shortly following birth or during an NICU stay). The group is made up of parents and led by staff members from Allina Health (co-sponsor) and Children's Minnesota.

Growing Through Grief 952-993-6299

www.parknicollet.com

This school support program is for children and teens who have experienced the death of a loved one. This program works with various school districts on peer support activities for students (K-12). School districts include Rosemount, Eagan, Burnsville, and Eastview High School.

Growing Through Loss

Twin Cities South Suburban..... 651-452-8261

www.growingthroughlosstcsouth.com

Support for adults who have experienced a loss. Sponsored jointly by The Interdenominational South Suburban Grief Support Coalition (13 churches).

Hastings Area Support Groups

Hastings, MN

Email Donna Mathiowetz: donna@unfinishedbydesign.com

Meets at Hastings Community Education Center, 310 River Street, Hastings.

Gone Too Soon Child Loss Support Group and Sibling Support Group

A safe, supportive place for parents and grandparents who have experienced the loss of a child. Sibling Grief Group meets at the same time at the same address. Groups are facilitated separately in different areas.

Hastings Grief Support Group

The group, open to those who have experienced the loss of a spouse, loved one, or friend.

Hosanna! Church - Grief Share 952-898-9287

Lakeville, MN

www.hosannalc.org

A 13-week session to guide you through your grief.

Prince of Peace Grief Support 952-435-8102

Burnsville, MN

<https://popmn.org/mission/support-groups/>

Weekly guest speakers address an aspect of the grief process followed by safe, confidential, Christ-centered support. Small groups are available for those in loss of a parent, sibling, spouse, child or friend.

St. Elizabeth Ann Seton Parish 651-437-4254

Hastings, MN

www.seasparish.org

Seasons of Hope: Grief Support For Adults

Group meets for six consecutive weeks. For anyone mourning the loss of a loved one, and may bring a guest.

Rainbows: Grief Support for Children

Sensitive, caring, trained adults help children/teens work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place in the family. A non-denominational program, FREE to participate.

Support Groups for Suicide Loss

Mary Mother of the Church952-890-0045

Burnsville, MN

www.mmotc.org

For adults.

American Foundation for Suicide Prevention MN Chapter

<https://afsp.org/chapter/minnesota>

Prevention programs and education for the public about risk factors and warning signs. Support to those individuals who have lost someone to suicide.

Suicide Awareness Voices of Education (SAVE)

www.SAVE.ORG

Suicide survivors grief support groups are available throughout Minnesota, find the locations on-line.

Contact your child's school counselor for additional resources and support.

We suggest you call before you attend a support group for the first time, to make sure that the group is still meeting at the place listed.

This list is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.

Dakota County Public Health Department
952-891-7500 / www.dakotacounty.us



Dakota County
Public Health

DCPHD-HR-2972 (10/25)