



Grief can be difficult, but know you are **not** alone



Public Health
Prevent. Promote. Protect.

If you are, or someone you know is struggling with grief, do not be afraid to ask for help. There are resources available.

OCEAN COUNTY RESOURCES

1. Find out what **Employee Assistance Program (EAP) services** are available to you through your employer
2. **Hope Sheds Light Healing Hearts Support Group:** 253 Chestnut St, Toms River. Thursdays 6pm-7pm. Email Nancy@HOPEShedsLight.org for more information
3. **Nar-Anon:**
 - **Loss of a Loved One Virtual:** Every 2nd and 4th Saturday 9am-11am
 - Email vlardaro@gmail.com for more information
 - **St. Joe's Parish Ministry Center:** 509 Hooper Ave, Toms River. Sunday 7:15pm
 - **St. Theresa's Roman Catholic Church:** 450 Radio Rd, Little Egg Harbor Monday 7pm
 - **Manahawkin Virtual Meeting:** Thursday 7:15pm
 - Email wxr400@comcast.net for more information
4. **St. Joseph's Bereavement Support Group:** 8-week session in Fall and Spring. **Call:** 732-349-0018 **Ext.** 2219 **Email:** ldrozd@stjosephtomsriver.org
5. **Presbyterian Church of Toms River, "The Haven":** 1070 Hooper Ave, Toms River. Tuesday 10am-11:30am. Contact: office@pctr.org or 732-349-1331
6. **SeaChange Healing Circle Growing Through Grief:** Every 2nd and 4th Tuesday 6pm-7pm. visit www.seachangeRCO.org/calendar
7. **The Compassionate Friends, Ocean County Chapter 1329:** Specific to the passing of a child. **St. Luke's Roman Catholic Church.** 1674 Old Freehold Rd, Toms River. First Tuesday of each month 7pm. Contact: Billie (732) 363-3894 for more information
8. **Ocean County Health Department: Cara O'Brien, MSW, LCSW, LCADC:** Can offer initial counseling services and help connect individuals to needed services. 732-341-9700 Ext: 7614 CObrien@ochd.org