



DIGNITY MEMORIAL®
Premier Collection

PORTER LORING FAMILY CARE SERVICES

Grief Support Groups

Our support groups are open to anyone in the community who is struggling with the loss of a loved one. Please call Molly O'Phelan (210) 227-8221 to learn more about the group that would be most appropriate for you and to reserve a spot.

MEN'S GRIEF SUPPORT GROUP

Our Men's Grief Support Group helps men 65 and older answer questions regarding their grief in a supportive, constructive group environment.

TIME: Every Monday, 1:00pm-2:30pm

PLACE: Alamo Heights United Methodist Church

825 E. Basse Road, San Antonio, Texas 78209 – Room W100

FACILITATOR: Molly O'Phelan, PhD, RN, LMFT, Bereavement Coord.

"FOREVER LOVED"

Our "Forever Loved" Grief Support Group is a safe, healing space for parents who have lost a child of any age to come and work through the sorrow and grief they are experiencing. The goal of this group is to help parents find hope and strength without losing the memory of their precious child.

TIME: Every Tuesday, 7:00pm-8:30pm.

PLACE: Alamo Heights United Methodist Church

825 E. Basse Road, San Antonio, Texas 78209 – Room 203 (upstairs)

FACILITATOR: Molly O'Phelan, PhD, RN, LMFT, Bereavement Coord.

"FELLOWSHIP IN GRIEF"

Our "Fellowship in Grief" support group offers a space for middle-aged and younger men to address the challenges they now face.

TIME: 12:00pm-1:30pm, The 2nd and 4th Tuesdays of each month

PLACE: Porter Loring Family Care Services

2119 Mannix Drive, San Antonio, Texas 78217

FACILITATOR: Molly O'Phelan, PhD, RN, LMFT, Bereavement Coord.

LGBTQ+ BEREAVEMENT SUPPORT CLASS

Our eight-week LGBTQ+ Bereavement Support Class was formed to provide members of the community with a safe, open environment to grapple with the effects of loss and learn to heal. Attending all eight sessions is most beneficial, therefore no new participants are accepted after the second session. Please call Molly O'Phelan (210) 227-8221 to inquire starting dates for Class Sessions.

TIME: Tuesdays, 6:30pm-8:00pm

PLACE: St. Paul's Episcopal Church

1018 E. Grayson, San Antonio, Texas 78208

FACILITATOR: Darwin Huartson, M.Div., BCC

GRIEF SUPPORT GROUP FOR WOMEN

Our Grief Support Group for Women 60 years and older who have lost a husband offers a safe and supportive environment where they can discover ways of coping and healing.

TIME: Every Monday, 10:00am-11:30am

PLACE: Alamo Heights United Methodist Church

825 E. Basse Road, San Antonio, Texas 78209 – Room W100

FACILITATOR: Molly O'Phelan, PhD, RN, LMFT, Bereavement Coord.

GENERAL SUPPORT PROGRAMS: MAKING YOUR GRIEF COUNT

Our eight-week "Making Your Grief Count" program is an opportunity for those who have experienced loss of any kind to work through their grief, learn about healthy coping tools, and discover a path to healing in a supportive environment. Due to the nature of the program, no new participants will be accepted after the second session. For more information about the current program or to schedule one at your place of worship, please call Molly O'Phelan at (210) 227-8221.

GRIEF SUPPORT GROUP FOR YOUNGER WOMEN

Our Grief Support Group for middle-aged and younger Women offers a safe space where women can learn resilient ways of coping to help navigate challenges of losing a husband early in life.

TIME: 11:30am-1:00pm, The 1st and 3rd Tuesdays of each month

PLACE: Porter Loring Family Care Services

2119 Mannix Drive, San Antonio, Texas 78217

FACILITATOR: Molly O'Phelan, PhD, RN, LMFT, Bereavement Coord.

"HEALING HOLIDAYS" – MAKING YOUR GRIEF COUNT WORKSHOPS

Porter Loring Family Care Services sponsors a variety of scheduled presentations for "Healing Holidays" workshops from October through December every year throughout the San Antonio community. Please call Molly O'Phelan at (210) 227-8221 for a schedule of the presentations during the holiday season.

Recommended Reading List

GENERAL GRIEF

Understanding Your Grief

Alan Wolfelt

Grief is a Journey – Finding Your Path Through Loss

Kenneth J. Doka

ABCs of Healthy Grieving

Harold Ivan Smith

Don't Take My Grief Away From Me

Doug Manning

Good Grief

Granger E. Westberg

A Decembered Grief

Harold Ivan Smith

GRIEF AND SPIRITUALITY

A Grief Observed

C.S. Lewis

Living with Loss, Healing with Hope: A Jewish Perspective

Rabbi Dr. Earl Grollman

A Grace Disguised

Gerald Sittser

Winter Of The Heart

Paula D'Arcy

Job and the Mystery of Suffering

Richard Rohr

RESILIENCE

Resilient Grieving

Lucy Hone

Resilient: How to Grow and Unshakable Core of Calm, Strength, and Happiness

Rick Hanson

Mindfulness and Grief

Heather Stang

Man's Search for Meaning

Viktor E. Frankl

LOSS OF A SPOUSE

Option B

Sheryl Sandberg and Adam Grant

Dancing Alone, Learning to Live Again

Raymond Calabrese

When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning

Alan Wolfelt

Before and After Loss

Dr. Lisa M. Shulman

LOSS OF A CHILD

A Broken Heart Still Beats: After Your Child Dies

Anne McCracken and Mary Semel

Empty Arms: Hope and Support for Those Who Have Suffered A Miscarriage, Stillborn or Tubal Pregnancy

Pamela W. Vredvelt

The Grieving Garden

Suzanne Redfern & Susan Gilbert

LOSS OF A PARENT

Midlife Orphan

Jane Brooks

Motherless Daughters: The Legacy of Loss

Hope Edelman

Finding Your Way After Your Parent Dies

Richard Gilbert

FRIENDS HELPING FRIENDS

When Your Friend is Grieving

Paula D'Arcy

Companioning The Bereaved

Alan D. Wolfelt

DEALING WITH SUICIDE

No Time To Say Goodbye: Surviving the Suicide of a Loved One

Carla Fine

Bruised & Wounded -Struggling to Understand Suicide

Ronald Rolheiser

Red Chocolate Elephant: For Children Bereaved by Suicide

Diana Sands

HELPING CHILDREN WITH GRIEF

Talking About Death: A Dialogue between Parent and Child

Earl Grollman

Lean On Me Gently: Helping the Grieving Child

Doug Manning

BOOKS FOR CHILDREN AND TEENAGERS

The Hurt

Teddi Doleski

The Invisible String

Patrice Karst

Tear Soup

Pat Schwiebert and Chuck DeKlyen

Fire In My Heart, Ice In My Veins

Enid Traisman and Ben Sieff

Why Do People Die

Cynthia MacGregor