



OCOM

# Grief Support Resources

Questions? Contact the Counseling Office: [elizabeth.miles@ocom.edu](mailto:elizabeth.miles@ocom.edu)

- Providence Grief Counselors, **503-215-4622**
- Legacy Grief Counselors, **503-220-1000**

- Faith-based Grief Support Groups

<https://www.griefshare.org/countries/us/states/or/cities/portland>

<b>Sponsor</b>	<b>Address</b>	<b>More Info</b>	<b>Dates</b>
Gateway Church	13300 NE San Rafael Street Portland, OR	<a href="#"><u>Meeting online</u></a>	Sundays at 3:00 PM January 26, 2020 through May 3, 2020
Portland Central Nazarene Church	9715 SE Powell Blvd. Portland, OR	<a href="#"><u>Meeting online</u></a>	Thursdays at 6:30 PM February 13, 2020 through May 14, 2020
Crossroads Church Portland	2505 NE 102nd Avenue Portland, OR	<a href="#"><u>Meeting online</u></a>	Tuesdays at 1:00 PM January 21, 2020 through May 5, 2020

- The Dougy Center has grief resources on their website: <https://www.dougy.org/grief-resources/>
- To find a therapist who specializes in grief, go to the **Psychology Today** ["Find a Therapist" website](#).
  1. Input the city where you'd like to find a therapist.
  2. Using the filters on the left side of the page, select "Grief" and the type of insurance that you have.
  3. Review the bio, type of licensure, and specialty areas of individual therapists.
  4. Contact your preferred therapist(s) through the webpage.

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