

Although you may find a resource here that takes you directly to the services you need, contact SHAC Case Management if you need further assistance.
Email: SHACcasemgmt@unm.edu

Resources for Grief from COVID Losses

Albuquerque Metro Area

Children's Grief Center (CGC), 505-323-0478, CGC has ongoing peer-to-peer support groups through Zoom. Ages 7-25. Support for caregivers as well.

Gallup

Navajo Nation Helpline 1 928-810-7357, TTYL Access1 855-227-5485

Los Alamos

Goldenwillow Grief Support Group, 575-776-2024 goldenwillowretreat.com

Taos

Goldenwillow Grief Support Group, 575-776-2024 goldenwillowretreat.com
Grief Share, 575-751-5741

New Mexico Hospice agencies offering COVID grief support across our state:

Hospice of New Mexico, David Martinez-Solid, bereavement coordinator, 505-872-2300

Hospice de la Luz, Danielle Pete, 505 217-2490

Compass, Bereavement Coordinator Erica Valdez, 505-332-0847

Internet Grief Resources

WebLife 360: This website helps family members and friends build a memorial scrapbook. Shared memories will remain on the sight for three months free of charge and options for utilizing the website indefinitely range from \$35-150.00. The virtual scrapbook can be made into a physical book for \$100.00. They also offer a free guide for planning a virtual funeral. <https://www.lifeweb360.com/>

Good Grief: Good Grief provides free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy. www.good-grief.org

Center for Mindful Self-Compassion: Offering 45-minute meditations sessions in English, Spanish, and Cantonese. <https://centerformsc.org/>

Heal Grief: Social support network offering virtual support groups for young adults and adults over 30. <http://www.healgrief.org/>

Calm Together: Includes some of the Calm staff's handpicked favorite meditations, sleep stories, movement exercises, journals, and music. All the resources on this page are free to use, and to share. Free during COVID. <https://www.calm.com/blog/take-a-deep-breath>

Stop, Breathe & Think: A kid's app for the web, iOS, Android, and Google Play with emoticon-based emotional check-ins and tailored animated meditations for children. Free during COVID. <https://www.stopbreathethink.com/kids/>

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