





With heavy hearts, the staff at Chesapeake Regional Medical Center (CRMC) would like to express our sincere sympathies to you and your family. We understand that this is a difficult time in your life.

While we cannot lessen your loss, CRMC is committed to assisting you as you deal with the details, decisions, and emotions that surround the death of a loved one.

We have created a Bereavement Guide to help answer some of the questions you may have now or in the next few months about what to do next, how you may be feeling, and where to find support.

<https://chesapeakeregional.com/patients-visitors/berereavement>

If you have any questions or need further assistance, please contact the Pastoral Care Department or call the hospital at (757) 312-8121.

Pastoral Care Department

736 N. Battlefield Blvd.
Chesapeake, VA 23320

(757) 312-2178

Bereavement Support Group

Chesapeake Regional Medical Center,
Lifestyle Center

800 N Battlefield Boulevard,
Chesapeake, VA 23322

Gathers on the second and fourth Tuesday of each month at 11:00 am

Facilitated by Chaplain Charles Winslow
(757) 312-6460





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Documents to Gather

- ☐ Will/Trust
- ☐ Life Insurance Policy
- ☐ Birth Certificate
- ☐ Marriage Certificate
- ☐ Divorce Agreements
- ☐ Social Security Card
- ☐ Tax Returns
- ☐ Bank Statements
- ☐ Investment Account Statements
- ☐ Stock Certificates
- ☐ Pension/Retirement Plan Statements
- ☐ Loan Statements
- ☐ Mortgages
- ☐ Leases
- ☐ Deeds
- ☐ Motor Vehicle Titles
- ☐ Care Insurance
- ☐ Homeowner's/Renter's Insurance
- ☐ Health Insurance
- ☐ Bills
- ☐ Safe Deposit Box Information and Key
- ☐ Storage Locker Contract
- ☐ Business Ownership or interest
- ☐ Military Service Records
- ☐ Computer Records Related to Assets
- ☐ Funeral Arrangements or Instructions
- ☐ Death Certificate





THE FUNERAL



Funeral Service Checklist

- ☐ **Choose a funeral home.**
 - The funeral director will transport your loved one from CRMC to their facility and assist the family in planning a memorial service. A directory of local funeral homes follows this checklist.
- ☐ **Choose a funeral conductor or officiant to lead the service**
 - If you'll be having the service at a religious place of worship, the religious leader there will likely lead the service according to traditional practices. If you're having the service at another location, you can choose whoever you like to officiate the service.
- ☐ **Choose pallbearers to carry or escort the casket.**
 - If any people whom you would like to have as pallbearers are not physically capable of carrying the weight of a casket, those people can be made "honorary pallbearers" and can walk beside or behind the casket.
- ☐ **Choose people to deliver eulogies.**
 - Family members, friends, clergy, and/or funeral conductors often give eulogies.
- ☐ **Choose people to deliver readings or prayers at the service.**
 - Select the readings or prayers you'd like people to read.
If the service is religious, there may be traditional prayers or hymns that should be read
- ☐ **Choose the type of flower arrangements you'd like to have at the service,**
 - Purchase the arrangements on your own or through the funeral home
Common flower arrangements include casket sprays, which cover a casket; standing sprays, which are displayed on an easel and are shaped in the form of bouquets, wreaths, hearts, crosses, and other designs; and bouquets in baskets or vases
 - Designate someone to remove flowers from the venue
- ☐ **Choose songs or music you'd like to have played or performed.**
 - If you will be playing music, make sure the venue can accommodate the technology
- ☐ **Decide on an order of events for the service**
 - If you'd like, print programs for the service or have the funeral home print programs for you
 - Funeral programs usually contain the order of the service (including the names of participants and any readings or musical pieces that are performed) as well as an obituary.
- ☐ **Purchase a guestbook and pens**
 - Arrange for someone to put these out at the service and collect them after the service.
 - Guestbooks allow the family to know who attended the funeral.





Funeral Homes and Crematories Directory

Chesapeake

Affordable Cremations of Virginia

1248 N. George Washington Highway
Chesapeake, VA 23322
(757) 631-5300

Graham Funeral Home

1112 Kempsville Road,
Chesapeake, VA 23320
(757) 382-7747

Oman Funeral Home and Crematory

653 Cedar Road,
Chesapeake, VA 23322
(757) 547-5184

H.D Oliver Funeral Apartments

1416 Cedar Road,
Chesapeake, VA 23322
(757) 548-2200

Altmeyer Funeral Homes and Crematory

Chesapeake Chapel
929 South Battlefield Boulevard,
Chesapeake, VA 23322
(757) 482-3311

Holloman-Brown Funeral Homes and Crematory

Great Bridge Chapel and Chesapeake Memorial Gardens
524 Cedar Road,
Chesapeake, VA 23322
(757) 547-9511

Snellings George Washington Highway Chapel
1144 George Washington Highway North
Chesapeake, VA 23323
(757) 487-1395

Fitchett-Mann Funeral Home

1146 Rodgers Street
Chesapeake, VA 23324
(757) 494-1404

Pretlow & Sons Funeral Home

500 Liberty Street
Chesapeake, VA 23324
(757) 543-9343

J.T. Fisher Funeral Home

1248 N George Washington Highway,
Chesapeake, VA 23323
(757) 545-1112

Virginia Beach

Cremation Society of Virginia

Hampton Roads Office
5265 Providence Road, Suite 104
Virginia Beach, VA 23464
(757) 474-9409

Coastal Cremations

5265 Providence Road, Suite 105
Virginia Beach VA 23464
(757) 353-6888

Altmeyer Funeral Homes and Crematory

Maestas Chapel
1801 Baltic Avenue,
Virginia Beach, VA 23451
(757) 428-1112

Southside Chapel
5033 Rouse Drive,
Virginia Beach, VA 23462
(757) 422-4000

Holloman-Brown Funeral Homes and Crematory

Bayside Chapel
1457 Independence Boulevard,
Virginia Beach, VA 23455
(757) 464-6221

Indian River Chapel
6568 Indian River Road,
Virginia Beach, VA 23464
(757) 420-2350

Lynnhaven Chapel and Crematory
3600 Virginia Beach Boulevard,
Virginia Beach, VA 23452
(757) 463-0150

Great Neck Chapel
1264 N. Great Neck Road,
Virginia Beach, VA 23454
(757) 496-9727

Kempsville Chapel
1485 Kempsville Road,
Virginia Beach, VA 23464
(757) 495-7727

Princess Anne Chapel & Crematory / Colonial Grove Memorial Park
3445 Princess Anne Road,
Virginia Beach, VA 23456
(757) 427-6950





H.D. Oliver Funeral Home

2002 Laskin Road
Virginia Beach, VA 23454
(757) 488-7880

Family Choice Burials & Cremations

5401 Indian River Road
Virginia Beach, VA 23464
(757) 366-9260

Beach Funeral & Cremation Services

4456 Bonney Road
Virginia Beach, VA 23462
(757) 499-8999

Rosewood Kellum Funeral Home

601 North Witchduck Road
Virginia Beach, VA 23462
(757) 671-1717

Smith & Williams Funeral Home

Kempsville
4889 Princess Anne Road
Virginia Beach, VA 23462

Norfolk

Colonial Crematory

Norfolk, VA 23517
(757) 623-9928

Cremation & Funeral Services of Tidewater

3345 Croft Street
Norfolk, VA 23513
(757) 855-0885

Holloman-Brown Funeral Homes and Crematory

Tidewater Drive Chapel
8464 Tidewater Drive,
Norfolk, VA 23518
(757) 583-0177

Smith & Williams Funeral Home

818 Norview Avenue
Norfolk, VA 23509
(757) 379-5745

Graves Funeral Home

1631 Church Street
Norfolk, VA 23504
(757) 622-1085

Metropolitan Funeral Home

120 West Berkley Avenue
Norfolk, VA 23523
(757) 494-1800
7246 Granby Street
Norfolk, VA 23505

(757) 480-1800

H.D. Oliver Funeral Home

1505 Colonial Avenue
Norfolk, VA 23517
(757) 622-7353

Suffolk

R.W. Baker Funeral Home

Downtown Suffolk
509 West Washington Street
Suffolk, VA 23434
(757) 539-4691

North Suffolk

5685 Lee Farm Lane
Suffolk, VA 23435
(757) 483-1316

T.E. Cook Funeral Home

405 Johnson Avenue
Suffolk, VA 23434
(757) 539-4861

Sturtevant Funeral Home

Bennetts Creek Chapel
2690 Bridge Road (Rte. 17)
Suffolk, VA 23435
(757) 438-4392

Portsmouth

Sturtevant Funeral Home

Portsmouth Boulevard Chape
5201 Portsmouth Blvd
Portsmouth, VA 23701
(757) 488-8348

Southside Cremation Center

5100 Portsmouth Blvd.
Portsmouth, VA 23701
(757) 488-3800

Steele-Bullock Funeral Home and Cremations

3950 Turnpike Road
Portsmouth, VA 23701
(757) 398-9100

Corprew Funeral Home

1822 Portsmouth Boulevard
Portsmouth, VA 23704
(757) 339-4661

Metropolitan Funeral Home

5605 Portsmouth Boulevard
Portsmouth, VA 23701
(757) 659-1800





THE DEATH CERTIFICATE



General Information

What is a death certificate?

A death certificate is a legal, government-recognized record of a death documenting important facts including a medical professional's signature and information about the deceased, such as his or her:

- Name and address
- Birth date and location
- Social Security number
- Marital status and spouse's name
- Parents' names and birthplaces
- Education
- Veteran's claim or discharge number, if applicable
- Date, location, time, and cause of death

Why is it necessary to obtain a death certificate?

Having this vital record is necessary to settle the final affairs of the deceased. You **should obtain 10-20 certified copies** of the death certificate as it will be needed when the surviving family members complete a number of tasks.

Remember:

Immediate family members (mother, father, husband, wife, child, brother, sister) with valid ID are entitled to vital records.

Many funeral home directors can obtain the death certificate copies as a courtesy for the family.

In addition to funeral homes, certified copies of the death certificate can be obtained through...

Department of Motor Vehicles

Chesapeake Customer Service Center
1 (804) 497-7100
813 Greenbrier Parkway
Chesapeake, Virginia 23320

Complete the "Virginia Vital Record Application" (DL 82), present acceptable identification, and pay \$14.00 records fee.

Virginia Department of Health

Division of Vital Records
1 (804) 622-6200

A signed application, sufficient identification, and a \$12.00 payment per record must be submitted before you order can be processed.

Check or money order only, payable to the State Health Department.

Turnaround is estimated at 1 to 2 weeks.

Chesapeake Health Department

(757) 382-8600

748 N. Battlefield Blvd.,
Chesapeake, Va 23322

Complete an application, pay the required \$14.00 fee, show the processing clerk a valid photo I.D and you will take the document with you when you leave. *Cash, check, or money order only*; no credit or debit cards accepted.





Appropriate Identification

Only immediate family members (mother, father, husband, wife, child, brother, sister) with valid ID are entitled to vital records. The acceptable documents listed may change without prior notice.

Acceptable Primary Documents:

- Virginia DMV-issued driver's license unexpired or expired for not more than one year.
- Virginia DMV-issued learner's/instruction permit unexpired or expired for not more than one year.
- Virginia DMV-issued photo identification card (excluding child ID cards) unexpired or expired for not more than one year.
- Unexpired driver's license or learner's /instruction permit (with photo), issued by a U.S. state (other than Virginia), jurisdiction or territory.
- Current Photo ID card, (school and employment). *Check Cashing Cards are not acceptable.*
- Unexpired U.S. military ID card of an active duty or retired member (ID cards of military dependents are not acceptable as primary identity documents).
- Unexpired U.S. passport.
- Unexpired foreign passport with a visa, I-94 or I-94W or I-551 stamp. An I-94W MUST be from a country participating in the Visa Waiver Pilot Program.
- U.S. Certificate of Naturalization (form N-550, N-570 or N-578).
- U.S. Certificate of Citizenship (form N-560 or N-561).
- U.S. Citizen Identification Card (form I-197).
- Unexpired Temporary Resident Card (form I-688).
- Unexpired Employment Authorization Card (form I-688A, I-688B or I-766).
- Unexpired Refugee Travel Document (form I-571).
- Unexpired Resident Alien Card, Permanent Resident Card, Northern Marianas Card (form I551).
- A copy of the first and last page of an application for asylum (Request for Asylum in the United States) provided the pages are accompanied by either a receipt from the Immigration and Naturalization Service (INS) showing the application has been filed or documentation verifying the application is pending in immigration court; **OR** Documentation indicating a decision to grant asylum by the Asylum Office or the original of a document granting asylum issued by an immigration judge or the INS. Either or both of these documents will count as one primary document.
- Consular Report of Birth Abroad of a Citizen of the United States of America (form FS-240) or Certification of Report of Birth Abroad of a Citizen of the United States of America (Form DS-1350)
- Virginia Criminal Justice Agency Offender Information Form.
- United States Probation Offender Information Form.

Acceptable Secondary Documents

(Two documents from the following list are required)

- U.S. Selective Service Card.
- U.S. military discharge papers (form DD214).
- Certified copy of school records/transcript issued by a U.S. state, jurisdiction or territory or by a state-accredited private school OR a Virginia Department of Education Certificate of Enrollment form (a report card is not acceptable).
- Health care insurance card.
- Life insurance policy.
- Unexpired welfare/social services identification card with photo, issued by a municipality.
- State-issued driver's license or learner's/instruction permit (other than Virginia), with photo, expired not more than five years.
- State-issued photo identification card (other than Virginia) expired not more than five years.
- U.S. passport -- expired not more than five years.
- Foreign passport -- expired not more than five years, with a visa, I-94 or I-94W, or I-551 stamp. An I-94W must be from a country participating in the Visa Waiver Pilot Program.
- Unexpired military dependent ID card, with photo.
- Unexpired weapons or gun permit issued by federal, state or municipal government.
- Unexpired pilot's license.
- INS form I-797 (applicable only for individuals whose names appear on the form).
- U.S Department of State form IAP-66 (applicable only for the individuals whose names appear on the form).
- Veterans' Universal Access Identification Card





FINANCES



Financial Checklist

The executor and funeral home director will need to contact the following agencies, most of which will request at least one copy of the death certificate:

- ☐ Social Security ([800-772-1213](tel:800-772-1213); [socialsecurity.gov](https://www.socialsecurity.gov)) to discuss ceasing benefits, obtaining survivor benefits and Medicare. *(More information included on the next page).*
- ☐ Veterans Affairs may also be necessary for the cessation of benefits ([800-827-1000](tel:800-827-1000); [va.gov](https://www.va.gov)). *(See the Military Personnel section for more information).*
- ☐ Health, life, homeowner, automobile and other insurance companies to cease or transfer benefits.
- ☐ Utility companies to change or stop services. *(Contact information provided on the next page)*
- ☐ Employer for pension plans or employment benefits; each separate claim will require a separate copy of the death certificate.
- ☐ Probate attorney for asset, trust and estate inventory.
- ☐ Tax preparer to determine if an estate tax return or final income tax returns should be filed. Keep in mind, A return will need to be filed for the individual, as well as for an estate return. Keep monthly bank statements on all individual and joint accounts that show the account balance on the day of death.
- ☐ State department of motor vehicle services to cancel driver's license.
- ☐ Bank for safe deposits and remaining accounts; you may be advised to open a new account for the estate.
- ☐ Deliver the will to the appropriate office for probate.
- ☐ Notify the post office of the death and the location to which mail should be forwarded. *(Going through your loved one's mail can help you become aware of bills, subscriptions or other accounts or services that should be canceled.)*
- ☐ Notify the police if your loved one left behind a house that will sit vacant, so that they can periodically monitor the home against suspicious activity.
- ☐ Notify the election board. According to a 2012 Pew Center report, almost 2 million people on voter registration rolls are dead.





Important Contacts

Social Security

1-800-772-1213

The following information is needed to apply for Social Security benefits:

1. Social Security number of the deceased
2. Record of earnings for year preceding death
3. Income tax returns, W-2's
4. Date of last Social Security check, if applicable
5. Amount of funeral expenses
6. Birth record of children under 23 years of age
7. Marriage certificate

Service Providers

Verizon

To cancel wireless services, call 800-922-0204

To cancel home television (FiOS), phone, and Internet services, call 800-837-4966

Cox

866-961-0027

Dominion Energy

866-366-4357

Monday-Friday 8:00 am to 5:00 pm

USPS

1 (800) 275-8777

File a request at the Post Office to:

- Redirect their mail.
- Remove them from advertisers' mailing lists.





MILITARY PERSONNEL



Burial Benefits

- One grave site for a qualified veteran and eligible family members
- Opening and closing of the grave
- A marker (stone and inscription)
- Perpetual care of the site
- Use of committal shelter to conduct funeral service
- Interment of a veteran's spouse and eligible dependent children

Albert G Horton, Jr. Memorial Veterans Cemetery

5310 Milners Road

Suffolk, VA 23434

(757) 255-7217

Veterans Affairs

1 (800) 827-1000

When a veteran dies, the family may be entitled to a number of benefits. To assist survivors in obtaining these benefits, the following documents should be available:

1. Veteran's discharge papers
2. Veteran's G.I. Insurance policy
3. Marriage or divorce certificate (s)
4. Birth certificates of minor children
5. All life insurance policies
6. Current statements of all savings accounts and checking accounts, and all stock certificates
7. Medical bills from last illness of the deceased
8. Record of Social Security payments
9. Certified copy of death certificate
10. Statement of funeral goods and services

For more information, visit www.benefits.va.gov/benefits





GRIEF AND COPING



Grief

Grief is the natural emotional suffering that occurs after a loss. Although everyone experiences grief at some point in their lives, the grieving process is highly individualized. Because personal factors play a large role in the grieving experience, there is no right or wrong way to grieve. Similarly, there is no time schedule for the grief process. Healing happens gradually and cannot be forced or hurried. While everyone's response to a loss is unique, there are some common experiences that many people share. These symptoms of grief are identified in the table below.

Symptoms of Grief

Emotional	Physical
Shock Confusion Sadness Guilt Anger Fear	Fatigue Nausea Lowered Immunity Weight Loss / Gain Aches / Pains Insomnia

Two common models that attempt to explain the grief process are known as the “task model of grief” and the “stages of grief.”

Worden's (1991) model of grief proposes that we have tasks when we grieve. This approach encouraged the bereaved to be active, rather than passive, participants of grief. The tasks of grief include:

1. Accepting the reality of the loss
2. Experiencing the pain of the loss
3. Adjusting to a new life without the lost person
4. Reinvesting in the new reality

Kubler-Ross's (1969) five stages of grief are as follows:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance





Tips for Coping with Grief

Accept your feelings. Something very painful has happened to you and you must recognize it.

Express your grief in the way that is most comfortable to you. Try to express your feelings in tangible or creative ways, such as writing a farewell letter or making a scrapbook that celebrates the person's life and highlights your favorite memories.

Be patient with yourself. Healing takes time. No one can predict how long the grieving process will take, but gradually, you will be able to accept what has happened to you and move beyond your sorrow.

Take care of your physical health. If you feel physically healthy, you will be better equipped to cope with the emotions of grief. Make sure that you are getting enough sleep, eating a healthy diet, and exercising regularly.

Set small goals for yourself. Getting back into a routine will help as you journey through grief. As you try to accomplish your goals, you will slowly move beyond your grief, rather than allowing it to paralyze you. It is important not to feel guilty as you begin to recover. Rebuilding your life following a death is normal and not at all disloyal to your loved one.

Reach out to those you trust. Loneliness is one of the most difficult parts of grief. It is easier to deal with grief when you can talk to someone about it. Talk about how you feel and tell others what you need from them at this point.

Plan ahead for grief triggers. Holidays, anniversaries, and other special occasions will be challenging and can reawaken memories and feelings. Be prepared for a surge of emotions and know that it is completely normal.

You will never completely stop missing your loved one, but over time and with effort, you will be able to get through a whole day without experiencing the stabs of pain – and then a week, and then a month, and so on. Eventually, you will be able to be happy and live fully again as you carry the memory of your loved one forever in your heart. However, if you feel that you are experiencing difficulty coping with the loss, you may want to or need to seek professional help.





SUPPORT



Bereavement Support Groups Directory

General Bereavement Groups

Chesapeake

Chesapeake Regional Medical Center Bereavement Support Group

CRMC Lifestyle Center
800 N Battlefield Boulevard,
Chesapeake, VA 23322

2nd & 4th Tuesday each month at 11:00
am

Charles Winslow
(757) 312-6460

St. Stephen Martyr Catholic Church

1544 S. Battlefield Boulevard,
Chesapeake, Va 23322

Wednesday evenings at 7:00 pm

Mary Williams
(757) 439-2590

BereavementGrace@aol.com

Grief Share

Great Bridge Presbyterian Church
333 Cedar Road, Room 240,
Chesapeake, VA 23320

Meets on Thursdays at 7:00 pm.

(757) 547-4706

Virginia Beach

Catholic Charities

4855 Princess Anne Road,
Virginia Beach, VA 23462

2nd & 4th Thursdays of each month from
6:00 pm to 7:00 pm

(757) 467-7707

Kindred Hospice Grief Support Group

Old Donation Episcopal Church
4449 N. Witchduck Road,
Virginia Beach, VA 23455

Tuesdays at 10:00 am

Patty Hendrix
(757) 461-0600

patricia.hendrix@gentiva.com

Norfolk

Bon Secours Grief Support Groups

First Church of God
8600 Granby Street,
Norfolk, VA 23503

1st & 3rd Mondays of each month from
5:30 pm to 7:00 pm

Harold Boyd
(757) 947-3420, ext. 1

Portsmouth

Bon Secours Grief Support Groups

Westhaven Baptist Church
4900 Caroline Ave.,
Portsmouth, VA 23707

1st & 3rd Wednesdays of each month
from 3:00 pm to 4:30 pm

Ron McClean
(757) 947-3420, ext. 1





Grief Support

Holy Communion Lutheran Church
6220 Portsmouth Boulevard,
Portsmouth, VA 23701

2nd & 4th Thursdays of each month at
6:30 pm

Kay Dezern
(757) 305-7540

Call for Locations

Sentara Hospice Bereavement Support

Dean Nowotny
(757) 533-3140

Groups for Children and Teenagers

Chesapeake

Rainbows

Great Bridge United Methodist Church
201 Stadium Drive,
Chesapeake, VA 23322

Jean Dilday

(757) 482-3805

rainbowshrva@cox.net

rainbowshamptonroads@cox.net

Call for Locations

Peace-by-Piece

For grieving children and teenagers
offered by Edmarc Hospice for Children
in partnership with Jewish Family
Services of Tidewater.

(757) 967-9251

bereavement@edmarc.org

Virginia Beach

Jewish Family Services/Dozoretz Center for Family Healing

For children, teens, and adults.

Virginia Beach, VA

Debra Mayer

(757) 459-4640





Parents Grieving a Child

Chesapeake

Empty Arms Support Group

For those experiencing the loss of a baby due to miscarriage, stillbirth, and newborn loss.

Sentara College of Health Sciences
1441 Crossways Boulevard, Crossways
I Building, Suite 105,
Chesapeake, VA 23320

Meets the 2nd Monday of each month
from 7:00pm to 8:30pm; call prior to
attending

Ann Prescott
(757) 545-2667

Virginia Beach

Compassionate Friends

For parents who have experienced the
death of a child at any age.

Kempsville Presbyterian Church
805 Kempsville Road,
Virginia Beach, VA 23464

Meets the 3rd Tuesday each month at
7:00 pm.

Sandra Pipkin
(757) 995-7012

Virginia SIDS Alliance

St. Marks Catholic Church
1505 Kempsville Road,
Virginia Beach, VA 23464

Terri Neumann
(757) 523-1062

Carolyn Walker
(757) 382-0584

The American Guild for Infant Survival, Inc.

536 Aragona Boulevard,
Virginia Beach, VA 23462

Meets the 1st Thursday each month at
7:30

Scott or Eileen Hesseck
(757) 463-3845

agis@sids-supportguild.org
<http://www.sids-supportguild.org>

Parent Support Group

Bayside Presbyterian Church
1400 Ewell Road,
Virginia Beach, VA 23455

Meets the 4th Monday of each month
from 7:30 pm to 9:00 pm.

Kristin West
(757) 749-0990

Norfolk

SHARE Support Group

For parents who have experienced the
loss of a newborn, including stillbirth and
miscarriage.

Bon Secours DePaul Medical Center
150 Kingsley Lane,
Norfolk, VA 23505

Meets the 1st Tuesday each month at
7:00 pm in the cafeteria

Nancy Goldma
(757) 889-5300





Portsmouth

Parents Group by Edmarc

516 London Street,
Portsmouth, VA 23704

Sara Zandford
(757) 967-9251

National

SIDS Hotline

1 (800) 221-7437

Suffolk

Compassionate Friends

For parents who have experienced the
death of a child at any age.

Ebenezer United Methodist Church

1589 Steeple Drive,
Suffolk, VA 23433

Meets the 2nd Thursday of each month
at 7:00 pm

(757) 238-2671

Losing a Spouse

Chesapeake

Widowed Persons Service

*Chesapeake Regional Medical Center,
Lifestyle Center*

736 N. Battlefield Boulevard,
Chesapeake, Va 23320

Laurie Miller
(757) 545-4911

Norfolk

Widowed Persons Service

First Baptist Church
312 Kempsville Road,

Norfolk, Va

(757) 461-9457

Young Widows/Widowers

Elizabeth Hogue

(757) 421-9969

www.ywow.org

Virginia Beach

Widowed Persons Support

Virginia Beach Christian Church
Great Neck Road and Rosehill Drive,
Virginia Beach

Thursday from 1:00 pm to 2:30 pm

Kathy Bazinet
(757) 495-9882 or (757) 621-5394





Loss by Suicide

Chesapeake

Churchland Psychological Center

3210 Churchland Boulevard, Suite 4
Chesapeake, VA 23321
(757) 483-3404

Virginia Beach

Still Standing

Spring Branch Community Church
1500 N. Great Neck Road,
Virginia Beach, VA 23454
2nd Tuesday of each month
Elaine Roberts
(757) 464-9289

Portsmouth

**Hampton Roads Survivors of Suicide
(S.O.S.)**

St. Andrew's Lutheran Church
4811 W. High Street,
Portsmouth, VA 23707
3rd Wednesday of each month from
7:00pm to 9:00pm; register before
attending
Chris Gilchrist
(757) 483-5111

Opiate-Related Loss

Norfolk

Hope and Healing After Opiate Death

Bon Secours Bereavement Center
8600 Granby Street,
Norfolk, Va 23503
2nd Monday of each month from 6:00 pm
to 7:30 pm
Harold Boyd
(757) 947-3240, ext. 1





Additional Resources

Books:

- *Death and the Life After*, by Billy Graham
- *Grief. Comfort for Those Who Grieve and Those Who Want to Help*, by Haddon Robinson
- *How to Go On Living When Someone You Love Dies*, by Therese A. Rando
- *I'm Grieving As Fast As I Can*, by Linda Scones Feinberg
- *Living When a Loved One Has Died*, by Earl A. Grollman
- *Recovering From the Loss of a Child*, by Katherine Fair Donnelly
- *Talking with Children about Death*, by Maria Trozzi
- *The Grieving Child*, by Helen Fitzgerald
- *Why do Bad Things Happen to Good People*, by Melvin Tinker
- *Water Bugs and Dragonflies*, by Doris Stickney
- *Gone from My Sight*, by Barbara Karnes

Websites:

- Center for Loss & Life Transition- www.centerforloss.com
- The Compassionate Friends- www.compassionatefriends.org
- Grief Recovery Institute- www.grief
- Military One Source - www.militaryonesource.mil
- DieSmart - diesmart.com/when-someone-dies/
- DieSmart - diesmart.com/sayinggoodbye/
- Education, Resources, Activities ... --
<https://www.lifenethealth.org/healingthespirit>
- The Grief Experience -
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3364>

Important PDFs:

[A Bereavement Resource Guide\The Death Certificate\DMV Death Certificate Application.pdf](#)

[A Bereavement Resource Guide\The Death Certificate\VA VitalRecordsApp.pdf](#)

[A Bereavement Resource Guide\Military\A-Survivors-Guide-To-Benefits.pdf](#)

[A Bereavement Resource Guide\Military\The-Days-Ahead.pdf](#)

