#### 2024-25

# Community Bereavement Resource Directory

published by



P.O. Box 660365, Sacramento, CA 95866

916-557-5882

## GriefHelpSacramento.com

griefhelpsacramento@gmail.com

The purpose of BNRS is to refer bereaved members of the community to an appropriate support group. Please continue to check our website for updates to this directory. Call specific resources for possible virtual meetings.

This Community Bereavement Resource Directory was compiled by Bereavement Network. Inclusion is not intended to be an endorsement. Space does not permit the listing of all references. For more complete information call 211 Sacramento Information & Referral Services at 916-498-1000.

Please contact us for bulk orders. We are a 501c3 organization serving the grieving.

Printing of the brochure kindly provided by



CREMATION · PREPLANNING

A story of respect and service since 1904 www.EastLawn.com

### **BNRS Board of Directors**

Karl Buddenhagen, PhD President/Retired Psychologist

Elizabeth Cantu, DTM
Co-Vice President

CEO, Good Grief Coaching Girl

Isabel Tellier, MSW, ASW Co-Vice President

Suzanne Austen Treasurer/Volunteer

Ann Marie McKnight, LMFT Secretary/Private Practice

Terry Chlentzos-Panages Parliamentarian/Volunteer

Marilyn Koenig Suicide Grief Consultant

Fr. Phillip Donlan, CP
Christ the King Passionist
Retreat Center

East Lawn

Raul Evangelista

Janee Hilton Volunteer

### CRISIS LINES (24 HOURS)

Suicide and Crisis Hotline Or 9	Sacramento Mental Health Treatment Center	California Youth	AA Hotline
Hotline 988 Or 988lifeline.org	l Health 916-875-1000	800-843-5200 calyouth.org	916-454-1100 aasacramento.org
	Sexual Abuse, Domestic Violence)	Veterans' Crisis Line	National Suicide Prevention
1, 916-920-2952 weaveinc.org		988 #1	800-273-8255