

Beloved

A Bereaved Parents Support Group

HONORING OUR CHILDREN. SUPPORTING ONE ANOTHER. WALKING THROUGH GRIEF
TOGETHER.

Welcome

The loss of a child changes every part of life. Whether your loss is recent or many years ago, grief can feel isolating and overwhelming. **Beloved** was created to connect bereaved parents with support, resources, and others who understand this journey. We welcome bereaved parents from all backgrounds, faith traditions, and beliefs.

Local Professional Counseling Resources

New Life Professional Counseling — *Outpatient Individual & Family Care*

Janie Odem, LPC, RPT, and Sonia Cantu-Gonzales, LPC. Experienced in trauma, deep grief, and child loss.

Phone: 361-894-6830 • **Address:** 3904 John Stockbauer, Suite 111, Victoria, TX

Website: newlifeprofessionalcounseling.com

VTx Therapy — *Personalized Concierge Psychotherapy*

Kevin D. McCollough, MA. Offers evidence-based grief counseling and flexible telehealth options.

Phone: 361-571-0381 • **Address:** 5606 N Navarro St, Suite 300-C, Victoria, TX

Website: vtxtherapy.clientsecure.me

Counseling4Life, LLC — *Trauma & Grief Specialists*

Provides individualized clinical mental health support for trauma, panic, anxiety, and profound loss.

Phone: 210-209-0642 • **Address:** 303 E Airline Rd, Suite 2, Victoria, TX
Website: counseling4lifellc.com

The Emmaus Center — *Spiritual & Psychological Counseling*

Licensed Professional Counselors providing individual and family counseling rooted in holistic Christian healing.

Phone: 361-212-0830 • **Address:** 1508 E. Airline Rd, Victoria, TX
Website: emmauscenter-victoria.org

New Beginnings Counseling — *Clinical Family & Loss Therapy*

Experienced team of local clinical social workers specializing in deep loss, coping skills, and crisis reconciliation.

Phone: 361-570-8900 • **Address:** 1501 Mockingbird, Suite 262, Victoria, TX

Additional Regional Practices — *Local Referrals*

Trusted therapeutic spaces serving the Crossroads region for individual, adult, or family support:

- **Speak Freely Counseling Services:** Victoria, TX
- **STCH Ministries Family Counseling Center:** 361-575-5151 / stchm.org
- **Stable Life Counseling Center, LLC:** Victoria, TX

Online Counseling & Telehealth Platforms

- **BetterHelp:** betterhelp.com • **Thriveworks Victoria:** thriveworks.com
- **Talkspace Telehealth:** talkspace.com • **Grief in Common Network:** griefincommon.com

Community & Faith-Based Support Groups

GriefShare Programs — *Video Seminars & Peer Circles*

Structured 13-week grief support curricula utilizing group workbooks and expert-led instructional videos. Locate active cycles directly on griefshare.org.

Parkway Church: 361-572-8340 (4802 N John Stockbauer Dr)

E320 Church: 361-573-3200 (8793 US Hwy 87)

Faith Family Church: 361-573-2484 (3402 N John Stockbauer Dr)

Hospice of South Texas — *Community Bereavement Outreach*

Providing professional, fully open community grief groups and specialized coping workshops regardless of hospice background.

Phone: 361-572-4300 • **Address:** 605 Locust Ave, Victoria, TX • **Website:** hospiceofsouthtexas.org

Pastoral Care & Bereavement Ministries — *Listening Hearts & Community Care*

Local churches offering individual pastoral care, spiritual counseling, and targeted supportive communities for parents walking through a valley of loss:

- **Our Lady of Sorrows / Diocese of Victoria:** 361-573-0828 / victoriadiocese.org
- **Riverside Church:** 361-573-5433 • **LifePointe Church:** 361-576-1143
- **Northside Baptist Church:** 361-578-1568 • **Fellowship Bible Church:** 361-573-6111
- **Fellowship of the Crossroads:** 361-572-4362 • **Crossroads Fellowship:** 361-578-2929

"Grief, I've come to learn, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with nowhere to go."

How to Support a Grieving Parent: A Companion's Guide

The loss of a child or family member is a monumental, life-altering experience. True support does not look like fixing their pain; it looks like sitting with them in it. Continue checking in long after the immediate services have concluded.

What to Say & Do

- **Listen without trying to fix:** Let them cry, rage, or stay completely silent without feeling the need to cheer them up or resolve their grief.
- **Speak their child's name:** "I am missing [Name] so deeply today. I love hearing stories about them."
- **Remember important dates:** Note birthdays and loss anniversaries to reach out and stand with them.
- **Offer concrete, practical help:** Instead of "Let me know if you need anything," say: "I'm bringing dinner over on Thursday evening," or "Can I come by and mow your lawn tomorrow morning?"

What to Avoid Saying

- **"At least..." statements:** "At least you can have more children" or "At least you had them for a little while." (Minimizes an entirely irreplaceable individual).
- **Platitudes & clichés:** "They are in a better place" or "God needed another angel." (Even if true to your faith, it can feel dismissive to a parent surviving trauma).
- **Assumed understanding:** "I know exactly how you feel." (Every individual's grief layout is distinct; focus instead on honoring their specific pain).
- **Setting timelines:** "It's time to move on" or "You must stay strong." (There is no timeline or expiration date for missing a deeply loved person).

Specialized National Resources & Crisis Care

Child Loss & Sibling Grief Support

- **The Compassionate Friends:** compassionatefriends.org (Peer networks & online child loss support groups)
- **Helping Parents Heal:** helpingparentsheal.org (Dedicated to support, community, and spiritual healing)
- **Bereaved Parents USA:** bereavedparentsusa.org (National newsletter publications & regional chapter circles)
- **The MISS Foundation:** missfoundation.org (24/7 moderated crisis counseling forums for traumatic child loss)
- **Support for Siblings:** Deep resource packets tailored for children, teens, and adults mourning a brother or sister.
- **Bearing the Unbearable:** Essential reading by Dr. Joanne Cacciatore.

Suicide Loss Survivor Resources

- **Alliance of Hope:** allianceofhope.org (A supportive 24/7 international community forum for suicide loss survivors)
- **American Foundation for Suicide Prevention (AFSP):** afsp.org (Local chapters, prevention, and healing spaces)

988 Suicide & Crisis Lifeline

Call or Text 988 • Website: 988lifeline.org

Available 24 hours a day, 7 days a week. Completely free, confidential, and immediate crisis support.

You Do Not Have to Walk Alone.

Grief is the price we pay for love. Though our children are no longer physically with us, their lives continue to matter. Their stories continue to be told.

Community Resource Guide provided by Beloved: A Bereaved Parents Support Group