

# Support Groups in Wichita Kansas and Surrounding Areas

There is access to dozens of support groups in your town and community through the links below, on-line, and otherwise. Please take advantage of the mountains of amazing information available through the links.

## **GriefShare**

GriefShare is designed to help you successfully travel the journey from mourning to joy. You are welcome to begin attending the GriefShare group at any session. Each is “self-contained,” so you do not have to attend in sequence. You will find encouragement and help whenever you begin. There are several GriefShare groups meeting weekly at locations in Wichita.

<http://www.griefshare.org/groups>

## **Good Grief of Kansas**

Good Grief of Kansas is a self-help, non-profit organization providing local support services to bereaved men and women in Wichita, Kansas, and throughout the surrounding area. Good Grief of Kansas serves bereaved individuals through self-help support groups, social activities and other services, thereby encouraging bereaved individuals to learn to deal with living without their loved one. Support groups and special events for bereaved persons are held weekly throughout the Wichita Metro area. All services are free and open to any adult who is grieving.

<http://www.goodgriefofkansas.org>

## **American Cancer Society**

Learn about making treatment decisions, coping with side effects, handling financial matters, caregiving, and living well after cancer. The American Cancer Society also has programs and services to find the emotional support you need. Find out what to expect if you become a caregiver for a person with cancer, and get tips for making sure that you take care of yourself as well.

[www.cancer.org/treatment/caregivers](http://www.cancer.org/treatment/caregivers)

Online caregiver support forum: [csn.cancer.org/forum](http://csn.cancer.org/forum)

## **Alzheimer's Association**

The Alzheimer's Association® is the world's leading voluntary health organization in Alzheimer's care, support and research. Alzheimer's disease is life-changing for both those who are diagnosed and those close to them. Our support groups provide a place to connect with other caregivers who truly understand what you are going through.

[http://www.alz.org/centralandwesternkansas/documents/cwkansas\\_supportgroups.pdf](http://www.alz.org/centralandwesternkansas/documents/cwkansas_supportgroups.pdf)

## Online Support

### Grief Support

GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. Grief support groups operate 24-hours/day, 365 days/year. Members participate when they wish and are able to, not at a set time.

<https://www.griefnet.org/support/groups.html>

### COPD Foundation

Welcome to our interactive, collaborative community: COPD360social. You can join us and other friends, learn about events in your area, participate in research, chat with the experts, and learn how to take action — all on your time, at your pace.

[www.copdfoundation.org/COPD360social/Community](http://www.copdfoundation.org/COPD360social/Community)

COPD Information Line: 1 866 316 COPD (2673)

### Grief.com

David Kessler is truly one of the world's foremost experts on healing and loss. His experience with thousands of people on the edge of life and death has taught him the secrets to living a happy and fulfilled life.

He is the author of five bestselling books, including the newly released *You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death* with Louise Hay. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: *On Grief and Grieving* and *Life Lessons*. **His first book, *The Needs of the Dying*, a #1 best-selling hospice book, received praise by Mother Teresa.** His services have been used by Elizabeth Taylor, Jamie Lee Curtis, and Marianne Williamson when their loved ones faced life-challenging illnesses. He also worked with late actors Anthony Perkins and Michael Landon. **David's work has been featured on CNN, NBC, Fox, PBS, and Dr Oz. David is a contributing writer for Oprah.com, Dr. Oz's Sharecare.com, Anderson Cooper 360 and The Huffington Post**

<http://grief.com/the-five-stages-of-grief/>

## **National Hospice and Palliative Care**

Grief may be experienced in response to physical losses, such as death, or in response to symbolic or social losses such as divorce or loss of a job. The grief experience can be affected by one's history and support system. Taking care of yourself and accessing the support of friends and family can help you cope with your grief experience.

There is no right way to grieve. It is an individual process and a natural part of life. Life won't be the same after a loss, but experiencing your grief will allow you to adjust to life after loss.

Grief lasts as long as it takes to adjust to the changes in your life after your loss. It can be for months, or even years. Grief has no timetable; thoughts, emotions, behaviors and other responses may come and go.

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3367>

If you would like us to consider listing other groups, please let us know through the contact page of this website.