

# GRIEF COUNSELING

## **American Mental Health Association**

Provides information on website for counseling in all areas of mental health.  
Website: [www.americanmentalhealth.com](http://www.americanmentalhealth.com)

## **Bereavement Support Group at Mt. Hood Hospice**

**503-668-5545** PO Box 1269 Sandy, OR 97055  
Offers evening grief classes, located in Gresham, OR

## **City Bible Church**

**503-255-2224** 9220 NE Fremont Ave. Portland, OR 97220  
Offers free grief counseling to families and individuals. Call for appointment times.  
Website: [www.citybiblechurch.org](http://www.citybiblechurch.org)

## **Dr. Robert Burnett**

**503-244-3144** 7100 SW Hampton St. Suite #128 Tigard, OR  
Grief counseling for families and individuals. Accepts most private insurances including Blue Cross of Oregon and ODS.  
Open: Tuesdays 10am-9pm

## **East Hill Church**

**503-661-4444** 701 N Main Ave. Gresham, OR 97030  
Offers grief counseling. Contact Debbie Dinker for an appointment time.  
Website: [www.easthillchurch.org](http://www.easthillchurch.org)

## **Freedom Counseling Center**

**503-666-9171** 343 W Powell Blvd. Gresham, OR 97030  
Offers grief and other counseling for individuals and families dealing with stress management and messages. Sliding scale fee, accepts most private insurances.

## **Grief Counseling**

**2-1-1** is an easy to remember telephone number that, where available, connects people with important community service and volunteer opportunities.  
[www.211.org](http://www.211.org)

## **Grief Release**

**503-771-4341**

## **Grief Support Group at Providence Hospital Home Services**

**503-215-4691** 4805 NE Glisan, Portland, OR  
Grief support groups that meet the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month from 11:00am to 12:30pm or the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month from 4:30pm to 6:00pm.

**Grief Therapy Group at Solo Center**

**503-287-0642** 4511 NE 90<sup>th</sup> Ave Portland, OR

Group therapy for men and women who are grieving the end of a relationship due to divorce, break-up or death

**Healing Grief Class at Adventist Medical Center**

**503-251-6105** 10123 SE Market St Portland, OR 97216

Offers 5 six week long groups a year. Offers support for loss of a loved one, loss of a pet and loss of a relationship. One on one groups provided for those who wish to have more personal support. For more information or for group times contact Debra Snyder.

**Journey through Grief at Providence Hospital**

**503-215-4691** 4805 NE Glisan Portland, OR

Grief counseling groups that is offered 3 times a year. Groups are a 6 week long series, must call ahead of time to sign up and reserve a spot.

**One to Another**

Provides practical step-by-step support on a road to restoration.

[www.griefrelease.org](http://www.griefrelease.org)