

November 2022

Grief & Loss Resources

A guide for navigating your grief journey



We are so sorry for your loss. Our thoughts and prayers are with you and your loved ones.

Please use this as a tool to guide you through the next steps in this difficult process.

Local Grief Support

While We're Waiting

The While We're Waiting ministry provides faith-based support to parents who have experienced the loss of a child of any age and to any circumstance. They host a monthly support group for bereaved parents and also host free weekend-long retreats at The Refuge, a retreat center specifically designed with bereaved parents in mind, located in Hot Springs, Arkansas. For more information about the services they offer, please visit their website at www.WhileWereWaiting.org.

When We Becomes Me

When We Becomes Me is a non-denominational, faith-based organization aimed at helping women of all ages who have lost their husbands find gradual healing from their devastating losses by listening, relating and supporting each other. For more information about the services they offer, please visit their website at <https://whenwebecomesme.com>

Arkansas Hospice

Arkansas Hospice provides grief support not only for the families of our patients, but also for the community at large – regardless of whether the loss was an Arkansas Hospice patient. Services are available to anyone who would like to participate, and are available free of charge.

For more information on grief support through Arkansas Hospice's bereavement services, including Telegrief and virtual grief support groups, please contact Barbara Ross, Director of Bereavement, at brross@arkansashospice.org

Friendly Hearts Support Group

Support group for those who have lost a loved one or having other difficulties in their life. Time for sharing, laughing and loving learning in a small group setting. Frequency: Last Monday of each month at 1:30 pm

Location: Balboa Baptist Church Main Building Room 117

Contact: Donna O'Neal at
Doneal0101@gmail.com



Online Resources

GriefShare

GriefShare is a nationwide network of groups of people who meet weekly to share and support each other during the grief recovery process. Visit www.griefshare.org to find a support group near you.

Widownet.org

Widownet.org is an online information and self-help resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery, and other related topics.

Grieving.com

Grieving.com is a forum resource with more than 45,000 active members. Topics range from terminal illness and sudden death to the loss of a pet.

MISSFoundation.org

MISS Foundation - This volunteer-run nonprofit organization supports people of all ages through the process of grieving the death of a child. <https://www.missfoundation.org>

Support Hotlines

Veterans Crisis Line

988, then PRESS 1

National Suicide and Crisis Lifeline

988

Arkansas Crisis Center

888.274.7472

Notes

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Area Funeral Homes

Arkadelphia

Mitchell Funeral Home: 870.246.2611

Ruggles-Wilcox Funeral Chapel: 870.246.4551

Welch Funeral Home: 870.230.1400

Williams Funeral Home: 870.246.4211

Benton

Smith Benton Funeral Home: 501.778.7100

Camden

Proctor Funeral Home: 870.836.2108

De Queen

Chandler Funeral Home: 870.642.6461

Wilkerson Funeral Home: 870.642.2218

Dierks

Wilkerson Funeral Home: 870.286.3088

Glenwood

Smith Family Funeral Homes: 870.356.2114

Hot Springs

Brandon's Mortuary: 501.623.1223

Carrigan Memorial Funeral Services: 501.623.7664

Caruth-Hale Life Celebration Center: 501.760.4930

Caruth-Hale Funeral Home: 501.525.0055

Gross Funeral Home: 501.624.1244

Hot Springs Funeral Home: 501.623.8820

Smith Family Funeral Homes: 501.767.8700

Hot Springs Village

Caruth Village Funeral Home: 501.984.6111

Cedarvale Funeral Home: 501.922.6100

Malvern

Atkinson Funeral Home: 501.332.2711

Brandon's Mortuary: 501.337.9171

J.A. Funk Funeral Home: 501.332.4625

Regency Funeral Home: 501.332.8688

Samuel L.Vance & Sons Funeral Directors: 501.337.0100

Mena

Beasley-Wood Geyer-Quillan: 479.394.1310

Bowser Funeral Service: 479.394.4477

Mt. Ida

Thornton Funeral Home: 870.867.2001

Murfreesboro

Latimer Funeral Home: 870.285.2194

Nashville

Latimer Funeral Home: 870.845.2233

Nashville Funeral Home: 870.845.1398

Area Funeral Homes with Cost-Conscious Cremation

A Natural State Funeral Service and Crematory (Jacksonville):
501.982.3400

Cremation starts at \$695*

Arkansas Cremation (Little Rock): 501.975.1002

Cremation starts at \$595

Smith Family Funeral Home (Benton): 501.778.7100

Direct cremation \$995*

*Mileage fees for anything outside their 50-mile radius.

All have a variety of packages with different combinations of add-ons. Ask for what you want when getting price quotes.