

Local, State & Remote Grief Resources

Desert Blooms Grief Center – Las Cruces, NM – desertbloomsgrriefcenter.org

- Weekly peer grief support groups for children and teens who've experienced the death of a parent or sibling.
- Additional group for parents/caregivers of the child or teen.
- 100% Free.
- Future programs will include Community Outreach/Education & Life Skills Seminars.

Mesilla Valley Hospice – Las Cruces, NM – 575-523-4700/mvhospice.org

- Offers grief counseling and grief support groups for hospice patient families based on availability.
- Grief Support Café – Informal group that meets every Thursday for 1 hour starting at 10:00AM. Open to the public. Registration is required.
- Open Support Group – On-going group that meets every Thursday for 1 hour starting at 4:00PM. Open to the public. Registration is required.
- Spanish-Speaking Grief Support – Meets every first and third Thursday of the month for 1 hour starting at 11:15AM. Open to the public. Registration is required.
- Spousal or Partner Support Group – Meets for 6 consecutive weeks for 1 hour and 15 minutes per week. Held in the Spring and Fall. Open to public. Registration is required.

High Desert Hospice – Las Cruces, NM – 575-993-2644/highdeserthospice.care

- Offers bereavement counseling, pastoral care and various social work services.

Grief Share – Las Cruces, NM/Online – 575-636-0913/griefshare.org

- Located at Sonoma Springs Covenant Church on Tuesdays from 6:00-8:00PM.
- Costs \$30 for in-person/\$20 for online. Registration required.

Counseling in Las Cruces, NM

Note: Support groups are not counseling or therapy. We are not an “instead of” to therapy, but a possible “in addition to”.

4 Directions Integrative Mental Health – Las Cruces, NM – 575-523-5222

- In-person & Telehealth available. Offers sliding scale fee.
- Various counseling services including grief therapy.

Counseling Las Cruces – Las Cruces, NM – 575-526-9878

- In-person, Telehealth & Bilingual available.
- Various counseling services including for children and teens.
- Therapists who are Registered in Play Therapy. (One of our board members, Maria Garza, is one! Ask for her.)

Sol Counseling & Wellness – Las Cruces, NM – 575-243-5846

- Various counseling services to include both adult and child therapy.
- Accepts most major insurance. Also offers sliding scale fee.

Mariposa Counseling Center – Las Cruces, NM – 575-618-6011

- In-person and telehealth available.
- Various counseling services to include grief & loss support.
- Insurance not accepted.

A New Hope Therapy Center – Las Cruces, NM – 575-556-9585

- In-person and online sessions available.
- Adults, family, teen and child play therapy.
- Most insurance plans accepted.

Additional Support Groups in Surrounding Area

Children's Grief Center – El Paso, TX – 915-532-6004/cgcelpaso.org

- Weekly peer grief support groups for children and teens who've experienced the death of a parent or sibling.
- Additional group for parents/caregivers.
- 100% Free.

The Grief Center – Albuquerque, NM – 505-323-0478/griefnm.org

- Weekly peer grief support groups for children and teens who've experienced the death of a parent or sibling.
- Additional group for parents/caregivers.
- Groups are held September – May.
- 100% Free.

Gerard's House – Santa Fe, NM – 505-424-1800/gerardshouse.org

- Weekly peer grief support groups for children and teens who've experienced the death of a parent or sibling.
- Additional group for parents/caregivers.
- Groups are held in 7-week increments and offered in English and Spanish.
- Crisis Response Services.
- 100% Free.

Online Support Groups

Tender Hearts Grief Support – Online – davidkesslertraining.com/tenderhearts

- Weekly online support groups for adults.
- Affordable monthly cost.
- Highly recommended. David Kessler is currently the leading expert in grief and support.

Heart Light Center – In-Person/Online – heartlightcenter.org – 720-748-9908

- Adults only.
- Support for various losses.
- Cost unknown.

Dinner Party – Online – thedinnerparty.org

- Adults 21-45 years old who have experienced the death of a parent, child, sibling, family member or close friend.
- One-Time Connection Fee, and then a Membership Fee/Sponsored Memberships are possible.

Golden Willow Retreat – Online – goldenwillowretreat.org

- Serves all adults grieving a death and other losses.
- Free, year-round support groups hosted on Zoom.
- Free in-person grief support group in Taos, New Mexico.

New Mexico Crisis Access Line: 1-855-662-7474 – Available 24/7