

Resources for Final Arrangements

A Guide for Loved Ones

First, let us say we are sorry for your loss. We hope this guide will offer some small measure of relief in navigating this unfamiliar terrain at this particularly difficult time.

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Common Final Arrangements and Controlling Costs

Burials

Planning funeral arrangements can be stressful. Concerns about cost add to that stress. It may help to have a family member, friend or clergy person to accompany you to meetings to help you make decisions and stay within your budget.

Burial costs depend on the cost of the casket, the mortician's services and the cemetery charges. Always ask in advance for a written cost estimate from the funeral home, and ask that it include all charges.

- **The Casket-** It is illegal for a mortuary to charge a "handling fee" if you use a casket you make or obtain on your own. Discount caskets are available online from Walmart, Costco, and Overstock.com among numerous other online vendors. If you want to buy a casket from the funeral home, you should not be discouraged by caskets with unappealing titles such as "minimum container" for the simplest caskets, or caskets in unappealing colors. One option is to drape the casket with an attractive material of your own taste.
- **Grave Liners and Coffin Vaults** – Most, but not all cemeteries mandate the use of grave liners (cement slabs) to keep the ground from settling. Ask if this is required. A coffin vault is often offered as an alternative to a grave liner, but coffin vaults are usually much more costly.
- **Embalming** -If the deceased is cremated or buried without a public viewing, the body does not have to be embalmed.
- **Funeral or Memorial Service?** A memorial service is held without the body, thereby making it a less expensive alternative to a funeral service where the body is present. It may be scheduled several days or weeks after the death, allowing far-away family and friends to gather.
- **Pre-Paid Funerals** – Use caution in considering pre-paying funeral arrangements. If, for example, the funeral home were to go out of business before you die you might not be able to recover those funds. But note that pre-paying may be the only way to ensure adequate funds for a funeral if applying for Medicaid (MassHealth).
- **For more information about your legal rights, see The Federal Trade Commission's Website:** <http://www.consumer.ftc.gov/articles/0300-ftc-funeral-rule>

Cremation

Cremation is an economical alternative that is becoming increasingly popular. In Massachusetts, crematories are not licensed to remove a body, so except in very limited circumstances, you must work with a funeral home. Families may remove the body themselves if they wish, but should consider if they have access to a vehicle that will accommodate the length of the casket to ensure the dignity of the body is preserved.

- **Options for the Cremated Remains** - Ashes may be scattered or placed in an urn. Urns vary from very simple to ornate; feel free to ask for the type of urn that best meets your needs and budget. Cemeteries offer various options for cremated remains such as displaying in a niche, mausoleum, columbarium, urn garden or using a scattering garden. Family members may scatter their loved one's ashes; it does not have to be done by a representative of the funeral home or crematory.
- **Traveling with cremated remains** - See "Transporting a Body (Out of State or Internationally)" for information.

The Funeral Consumers Alliance

The Funeral Consumers Alliance (FCA) is an organization dedicated to monitoring the funeral industry and providing educational materials on funeral choices. The following nonprofit chapter organizations are listed by the FCA for the New England area. Active groups have done funeral price surveys in their area, and may have negotiated discounts for members of the FCA. Visit their web site (www.funerals.org) or call 1-800-765-0107 for more information on funeral options and consumer alerts.

- Funeral Consumer Alliance of Eastern Massachusetts
66 Marlborough Street, Boston, MA 02116 | 617-859-7990
- Funeral Consumer Alliance of Western Massachusetts
P.O. Box 944, Greenfield, MA 01302 | 413-774-2320
- Funeral Consumers Alliance of Rhode Island
119 Kenyon Ave, East Greenwich, RI 02818 | 401-884-1131
- In New Hampshire, call the National Office 800-765-0107

Other Types of Arrangements

Transporting a Body (Out of State or Internationally)

Transporting a body, especially out of the country, is very expensive. **Unfortunately, we have found no community funds or organizations that will help pay for the cost of transporting a body.** We suggest you call more than one funeral home and ask for a price quote. Prices may vary by thousands of dollars. Then, the only option we have found is to solicit donations. Approach family, friends or the deceased's employer for donations. You may want to ask clergy to help seek donations. This process is lengthy and time-consuming; therefore you should begin looking for funds as soon as you are able. Keep in mind that arrangements must be made between two funeral homes – a funeral home in the departing location and a funeral home in the arrival location where the funeral/burial is planned.

Some families have found the following Boston funeral home to be helpful in coordinating the international transportation of a body at an affordable rate. Please keep in mind that MGH does not endorse any particular funeral home and that most funeral homes will provide this service.

Casper Funeral Services

187 Dorchester Street
Boston, Massachusetts 02127
617-269-1930

www.CasperFuneralServices.com

Transporting cremated remains may be a simpler option. Once your loved one is cremated, you will receive an affidavit of cremation that consists of 1) a Certificate of Cremation and 2) a Burial Transit Permit. For flights within the United States, you will need both of these documents. For international flights, contact your airline to see if additional documents are needed. We suggest that you transport

the remains in a temporary wood or plastic container, as opposed to an urn, so that the container can be successfully x-rayed. Some airlines do not allow cremated remains in checked baggage, but you may carry them on. Check with the airline.

Donating a Body or Skeletal Remains to Medical Science

Whole Body Anatomical Gifts Programs

- Any person over the age of 18 who has not been declared “incompetent” may bequeath his/her body to a medical school.
- There are some circumstances that may render the body inappropriate for teaching purposes. Some examples include if the person had a communicable disease or the body was badly disfigured, if an autopsy has been performed, or if organs (other than corneas) have been donated. There are also other circumstances in which the school may not be able to use a body at that time, so it is wise to have a back-up plan in place.
- The medical school must be informed within 24 hours of the death because the body must be quickly transported and refrigerated. This means that families rarely get to hold a funeral service with the body.
- It may take 1 to 2 years for the medical school to use the body for teaching purposes.
- In Massachusetts, unless the family requests the remains, after the body has fulfilled its educational purposes, the medical schools transport cremated remains to a vault in Pine Hill Cemetery in Tewksbury.
- One may arrange for the donation of his or her body after death by executing the “Instrument of Anatomical Gift” form available from one of the following institutions. It is not sufficient to indicate intent on a donor card or driver’s license. Families/next of kin cannot donate a body after death. But see next program for donation of Skeletal Remains.

Boston University (617) 638-4245 (617) 638-4144*	Tufts University (617) 636-0837 (617) 636-6610*
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Harvard University (617) 432-1735 (617) 432-1379*	UMass Medical School (508) 856-2460 (508) 856-2460*
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*Phone number to be used nights, weekends, and holidays.

Boston University Donated Osteological Collection (Skeletal Remains)

This program is creating a collection of skeletons to be kept at the Boston University Medical school for use in the Forensic Anthropology Master’s Degree program as well as by medical/dental classes and by the State Police. The Boston University Donated Osteological Collection is able to accept an after death donation made by the deceased’s legal next of kin. Unlike whole body donation programs, this program

can also accept donations that have been autopsied, have had extensive surgery or have donated organs for transplant. For more information or to donate, please contact:

Lee A. Faris, Forensic Anthropology Gift Administrator

leeanne@bu.edu

617-638-4260

Burial and Funeral Funds

The high cost of a funeral may place a great economic strain on families and friends trying to make dignified arrangements for their loved ones. Unfortunately, financial assistance programs for burial expenses are **very limited**. Some funds require that the family use the deceased person's savings, life insurance and assets for funeral expenses before they offer any financial support. The following groups of people may be eligible for financial assistance for their burial expenses:

- Social Security recipients
- Veterans, their spouses, and their minor or disabled children
- Victims of violent crimes
- Children involved with the Department of Children and Families (DCF)
- Indigent people (through the Department of Transitional Assistance)
- Homeless and Indigent People in the Greater Boston Area (The Lazarus Ministry)

Please note: MassHealth no longer pays for funeral or burial expenses. MassHealth recipients are eligible for the assistance outlined below under "Indigent People" administered by the Department of Transitional Assistance.

Social Security Death Payment

Benefits - \$255 one-time death payment and possibly ongoing survivor benefits

Eligibility - A surviving spouse or child may receive a special lump-sum death payment of \$255 if they meet certain requirements.

Generally, the lump-sum is paid to the surviving spouse who was living in the same household with the worker when he or she died. If they were living apart, the surviving spouse can still receive the lump-sum if, during the month the worker died, he or she was already receiving benefits on the worker's record or became eligible for benefits upon the worker's death. If there's no eligible surviving spouse, the lump-sum can be paid to the worker's child (or children) if, during the month the worker died, the child was already receiving benefits on the worker's record or became eligible for benefits upon the worker's death.

Survivors may also be eligible for ongoing survivor benefits.

How to Access - The family should call Social Security at 800-772-1213 and inform them of the recipient's death. Social Security will determine if the family is eligible for the death benefit as well as arrange for the family to receive any ongoing survivor benefits. Survivors must apply for the death payment within two years of the date of death.

For more information - www.ssa.gov

Veterans, Their Spouses, and Their Minor or Disabled Children

Burial in Private Cemeteries: Some veterans may be eligible for a relatively small allowance for cremation and other funeral expenses in a private cemetery. These burial benefits include a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate at no cost to the family. Some Veterans may also be eligible for Burial Allowances.

Please contact a benefits counselor at the nearest VA regional office for assistance: 800-827-1000 or see: <http://www.benefits.va.gov/compensation/claims-special-burial.asp>

Burial in Veteran's Cemeteries

Benefits - Burial in a Veteran's Administration (VA) national cemetery which includes a gravesite in any of the 131 national cemeteries **with available space**, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate at no cost to the family. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.

Eligibility - An eligible veteran must have been discharged or separated from active duty under conditions other than dishonorable and must have completed the enlisted period of service. If a spouse of a deceased eligible veteran remarries and the remarriage is terminated by death or divorce of the non-veteran, the spouse remains eligible for burial in a national cemetery. Unmarried children under age 18 are eligible as well as any disabled adult child.

How to Access - To confirm your eligibility for burial benefits, please call a Veteran's Benefits Counselor (U.S. Dept of Veteran's Affairs) at 800-827-1000 or call the Boston Veterans' Services Department at 617-727-3578. Once eligibility is confirmed, families or loved ones may contact their local funeral home to make the proper arrangements. Listed below are the National VA cemeteries in New England and the Massachusetts State Veterans' Cemeteries with available space at this writing. Additional state veteran's cemeteries are located throughout New England.

For more info - www.cem.va.gov/cem/

National VA Cemeteries in New England:

- Bourne National Veterans' Cemetery
Connery Ave., Bourne, MA 02532 | 508-563-7113

Massachusetts State Veterans' Cemeteries:

- Massachusetts State Veterans' Cemetery - Agawam
1390 Main Street, Agawam, MA 01001 | 413-821-9500
- Winchendon Veteran Cemetery
111 Glenallen Street, Winchendon, MA 01475 | 978-297-9501

Victims of Violent Crimes

Benefit - Funeral and burial costs up to \$6,500 for crime victims. The fund also pays for counseling expenses for family members of the victim and for children who witness violence against a family member. Additional financial assistance may be available to dependants of victims.

Eligibility - The crime must be reported to the police within five days, unless there is good cause for delay and the family should apply for compensation within three years of the crime. The family must cooperate with the law enforcement officials in the investigation and prosecution of the crime. If the victim died in the act of committing a crime they are not eligible for the fund.

How to Access - Contact: Victim Compensation Division, Attorney General's Office, One Ashburton Place, 19th Floor, Boston, MA 02108, 617-727-2200 ext 2160 or see <http://www.mass.gov/ago/public-safety/resources-for-victims/victims-of-violent-crime/>. Be aware that the application process may take 4-6 months.

Children Involved with The Dept. of Children and Families (DCF)

Benefit - DCF does not impose a limit on how much may be spent on a funeral. Still, the DCF worker becomes very involved and works closely with the family in making the funeral arrangements. DCF has contracts with some funeral homes that are very sensitive to families who have lost a child and may make extra efforts to provide a dignified burial at a low cost to the family.

Eligibility - The child must have an active DCF case or a case that was closed within the previous 6 months.

How to Access - Contact the child's DCF worker for assistance with making the funeral arrangements.

Catastrophic Illness In Children Relief Fund (CICRF)

Benefit- Maximum of \$6,500 for funeral and burial expenses. CICRF is a reimbursement fund, meaning the expense must have already been incurred. Unfortunately, due to variable funding, they cannot guarantee in advance if they will cover an expense or the amount they will cover.

Eligibility- Massachusetts families of children who had special healthcare needs or disabilities, whose income is 300% or less of the Federal Poverty Income Guidelines (see: <http://www.masslegalservices.org/content/federal-poverty-guidelines-2016>), and who have no other source of funding.

How to Access- Application and more information at www.mass.gov/cicrf or call 1-800-882-1435 (within Massachusetts), 617-624-6060, or TTY 617-624-5992.

Child Loss - Private Charities

There are a number of private charities and foundations that offer financial assistance for a child's funeral and burial expenses to needy families. Search the internet for specific programs.

Indigent People Through the Department of Transitional Assistance (DTA)

Eligibility – Any person who was without sufficient resources or financially responsible relatives to pay for funeral and final disposition expenses or any person whose identity is unknown and found dead. **One does not need to have been a DTA recipient to qualify nor are there immigration status requirements.** The deceased and any financially responsible relative (spouse or parent of a minor child) must have less than \$1,100 in assets. The request for funeral and final disposition benefits must be made no later than six months from the date of death.

Benefit - DTA will pay a maximum of \$1,100 for the funeral and final disposition. The **total** expense must not exceed \$3,500. Any assets of the deceased or their financially responsible relative will be deducted from \$1,100 and the remaining amount up to \$1,100 will be paid by DTA to the funeral director.

DTA will investigate if the recipient was eligible for Social Security death benefits or Veteran's death benefits or had prepaid funeral and burial contracts, life insurance or other funds set aside for funeral and burial expenses. If payment is made, DTA has preferred claims for reimbursement against the decedent's estate and resources, if any exist.

Examples:

1. Mrs. White's funeral and final disposition expenses were \$4,000. The DTA application will be denied as the maximum total expense under the program is \$3,500.
2. Mr. Black had assets of \$600. The total funeral and final disposition expenses are \$3,500. DTA staff will deduct \$600 from the maximum allowable benefit of \$1,100. DTA staff can only authorize a funeral and final disposition payment of \$500.
3. At the time of Mr. Green's death, Mrs. Green had a bank account with \$1,150. Since her assets exceed the \$1,100 maximum allowable funeral and burial cost, Mr. Green is not eligible to have any of his funeral and final disposition expenses paid by DTA. The application will be denied.

What does the Funeral Benefit Cover?

Since the total expenses cannot exceed \$3,500, typically these funds are used towards cremation. Many funeral homes will work with families on a case-by-case to provide a dignified and meaningful experience within the program's parameters. (Also see The Lazarus Ministry – below.)

How to Access - The patient's family or social worker should **contact a funeral home** which will seek authorization through DTA. The family member or individual who will sign all authorizations should stay in close contact with the funeral home to ensure the process goes smoothly. Please note crematories cannot access the DTA benefit directly; one must work through a funeral home to access the DTA funeral benefit.

Application- A separate application for payment of funeral and final disposition expenses does **not** need to be completed if the individual was an active TAFDC or EAEDC client or had a TAFDC or EAEDC application in pending status at the time of death. In these cases notify the DTA case manager.

Otherwise, the application is to be completed by a relative, friend or medical examiner. A funeral director may complete the application only if no relative, friend or medical examiner is able to complete it. The application: <http://www.masslegalservices.org/system/files/library/OM%202014-54.pdf> (see the last two pages).

(As of August 25, 2014, DTA has centralized all applications for the funeral and final disposition benefit in the Central Burial Unit. The funeral director should have the contact information to include in the application.)

For More Information

- **Operations memo and Application:**
<http://www.masslegalservices.org/system/files/library/OM%202014-54.pdf>

Homeless and Indigent People in the Greater Boston Area (The Lazarus Ministry)

The Lazarus Ministry at St. Anthony Shrine

St. Anthony Shrine, located at 100 Arch Street, Boston MA 02110, provides funeral services and burials for the homeless, the poor, and those who die alone and abandoned.

St. Anthony Shrine offers its services free of charge, including its facilities, Mass of Christian Burial and meeting room space for funeral luncheons. In addition, the Shrine provides graves for those who would otherwise be buried in a pauper's grave, and pays for the cost of opening and closing the grave before and after burial. Other services may include clothing for the deceased and families, flowers and continued support for family and friends.

With the assistance of local funeral directors, St. Anthony Shrine has provided funeral services and Masses for many of Boston's most needy.

Open To All in Need

The Lazarus Ministry is open to ALL who are truly in need, no matter their faith or standing in life. Whether through a dignified and proper burial, or helping families cope with the death of a loved one, St. Anthony Shrine is dedicated to the entire person, in death and in life.

More Information

For more information on the Lazarus Ministry at St. Anthony Shrine, please visit the web at: <https://stanthonyshrine.org/ministries/lazarus-ministry/> or contact Julie Ogden at 617-542-6440 Ext. 146 to request a Lazarus Ministry brochure.

Jewish Cemetery Association of Massachusetts (JCAM)

Jewish Cemetery Association of Massachusetts (JCAM)

JCAM administers an indigent burial fund through the generosity of an anonymous donor to provide funeral/burial support for Jewish families in need. JCAM will ensure impoverished Jews have the dignity they deserve of a final resting place in a designated JCAM cemetery. The fund is limited and only available for JCAM cemeteries.

Eligibility

The deceased must have no family, no funds, be destitute, and Jewish.

What does the Funeral Benefit Cover?

JCAM will provide the burial ground, opening and closing of the grave, loaming and reseedling of the gravesite, perpetual care of the cemetery, and a granite marker with the deceased's name and date

deceased. A JCAM representative will be present at the burial and offer the appropriate prayers for a dignified Jewish burial. The casket is not provided. Most Jewish funeral homes will have funds to offer a casket. JCAM asks if that you work with a non-Jewish funeral home, that the deceased is not embalmed.

How to Access – Please contact Stan Kaplan, JCAM Executive Director at 617-244-6509.

Funeral Homes in the Boston Area

These listings are provided as a convenience; they may not include all area funeral homes. Mass General does not endorse any non-Mass General affiliated facilities.

<p>AJ Spears Funeral Home 124 Western Ave, Cambridge 617-876-4047 Speaks English, Creole, & Spanish.</p>	<p>Anderson- Bryant 4 Common Street, Stoneham 781-438-0135 Speaks English. Interpreter Services Available</p>
<p>Boston Harborside Home of JS Waterman (Formerly Waterman & Sons) 580 Commercial St, Boston 617-536-4110 Speaks English, Spanish & Chinese.</p>	<p>Brady & Fallon Funeral Home 10 Tower Street, Boston 617-524-0861 Speaks English, Cantonese & Spanish Willing to assist in cases of financial need.</p>
<p>Brown and Hickey Funeral Home 36 Trapelo Rd, Belmont 617-484-2534 Speaks English.</p>	<p>Dolan Funeral Home Main office: 1140 Washington St, Dorchester Additional offices: 460 Granite Ave, Milton; 5 Canton Ave, Milton 617-298-8011 Speaks English. Experience with working with many cultures including Haitian, Asian, and Hispanic, cape Verdean, Caribbean islands.</p>
<p>Faggas Funeral Service 551 Mount Auburn St, Watertown 617-926-2163 Speaks English & Greek. Experienced with Muslim and Hindu rites.</p>	<p>Frederick Cafasso & Sons, Inc. Funeral Home 65 Clark Street Everett, Massachusetts 02149 617-387-3120 Speaks English & Italian.</p>
<p>Goodrich Funeral Home 128 Washington St., Lynn 781-592-2680 Speaks English. Interpreter Services Available</p>	<p>Hamel Funeral Care & Cremation Service of MA 26 Adams St Quincy, MA 02169 (617) 472-5888 www.csofma.com Telephone and online interpretation available.</p>
<p>Laughlin, Nichols, & Pennacchio Funeral Home 34 Oak St, Boston 617-361-2410 Speaks English & Albanian.</p>	<p>Lawler Funeral Home (Formerly Lawler & Crosby Funeral Home) 1803 Centre St, West Roxbury 617-323-5600 Speaks English & Spanish</p>

<p>Levine Chapels 470 Harvard St, Brookline 617-277-8300 Jewish funeral home</p>	<p>Lydon Chapel for Funerals 644 Hancock St, Quincy 617-472-7423 Speaks English & Chinese</p>
<p>Lynch-Cantillon Funeral Home 263 Main St, Woburn 781-933-0400 Speaks English. Limited experience working with the Hindu population.</p>	<p>Magrath Funeral Home 325 Chelsea Street, East Boston 617-567-0910 English, Spanish Interpreter available most times</p>
<p>Rapino Memorial Home 580 Commercial Street, Boston 617-567-1380 Speaks English, Spanish, & Italian. Suggested by families for their compassion for families who have lost a child.</p>	<p>Rocco- Carr- Henderson Funeral Homes (Formerly Rocco & Sons) 331 Main St, Everett 617-387-4180 Speaks English</p>
<p>Rogers Funeral Home 380 Cambridge St, Cambridge 617-876-8964 Speaks English & Portuguese (Brazilian dialect)</p>	<p>Smith Funeral Home (Formerly Smith-Walata Funeral Home) 125 Washington Ave, Chelsea 617-889-1177 Speaks English</p>
<p>Solomine Funeral Home Main office: 426 Broadway (Rt. 129), Lynn Additional office: 67 Ocean St (Rt. 1A), Lynn 781-595-1492 Speaks English. Will provide services for free for local families of a deceased child. Typically, this offer only extends to Lynn residents. In rare, extenuating circumstances may extend to residents of other North Shore communities. Contact them for more information.</p>	<p>Stanetsky Memorial Chapel 1668 Beacon St, Brookline 613-232-9300 Jewish funeral home</p>
<p>Welsh Funeral Home 718 Broadway, Chelsea 617-889-2723 Speaks English</p>	<p>Wing Fook Funeral Home 13 Gerard St, Boston 617-989-8833 Speaks English, Chinese (Mandarin & Cantonese), Vietnamese</p>

Bereavement Support

MGH Bereavement Support Group

Open to patients and employees of the Mass General and Partners Healthcare community. This 8-week group is for people who have experienced the death of a loved one within the past 1½ years. The fee is covered by most insurances and Medicare. For any questions, to refer or to schedule a pre-group screening interview, please contact the group leader, Marie Herbert, MSW, LICSW, at 617-726-8199.

www.mghpcs.org/socialservice/SupportGroups/Bereavement.asp

Association of Death Education & Counseling

Their website provides various online resources for coping with loss. The organization can make referrals to support groups throughout the United States.

847-509-0403

www.adec.org

Hospice Foundation of America

The Hospice Foundation offers support and education about death, illness, and the process of bereavement to those who are grieving personally or professionally. They offer referrals to grief support groups throughout the United States and also sponsor an annual 'Living with Grief' teleconference series, a monthly bereavement newsletter, as well as other publications.

800-854-3402

www.hospicefoundation.org

Tragedy Assistance Program for Survivors (for military families)

TAPS offers a 24/7 hotline for family and friends who have lost a loved one in the line of military duty. They offer peer support, crisis intervention, case work assistance, and grief counseling referrals.

800-959-TAPS (8277)

www.taps.org

For Bereaved Young Adults

Actively Moving Forward

Campus chapters are student-led, faculty/staff-advised, and university-recognized student organizations that consist of a peer-led grief support group for college students coping with the illness or death of a loved one, and a community service group open to the entire campus community. They also support non-collegiate young adults by creating virtual information, programming, and community.

<http://activelymovingforward.org/>

The Dinner Party

Program for 20- and 30-somethings who have experienced a significant loss. Through unstructured dinner parties hosted by friends for friends, they invite those who've experienced significant loss to use their shared experience as a springboard toward living better, bolder, and more connected lives. At this writing the website lists the following New England dinner party sites: Boston, Portsmouth NH and Bread Loaf, VT. Start a local table:

<http://thedinnerparty.org/start-a-table>.

<http://thedinnerparty.org>

For Bereaved Children

Club STAR: Sharing Together and Remembering

A group for ages 5-18 (and their parents) grieving the death of a parent or sibling. The group meets from 5:30 – 7:30pm on the first Wednesday of the months of October to June at MGH. Club STAR is organized by the Massachusetts General Hospital *for* Children, Child Life, and the Social Service Department.

To register, please contact Hillary D'Amato, CCLS at 617-643-9276 or

mghclubstar@partners.org.

The Children's Room

A resource and support center located in Arlington, MA whose mission is to offer caring support to grieving children, teens, and families. They offer free age-specific support groups and play groups as well as information and support for parents and caregivers.

781-641-4741

<http://childrensroom.org>

Jeff's Place

Offers free bimonthly open-ended peer support groups for children ages 3-19 and their caregivers who are coping with the death of a loved one. All groups are facilitated by professionally trained volunteers under the supervision of a master's prepared clinician. Individual and small groups are held in Framingham, MA. Large groups are held in Wayland, MA.

508-276-3225

www.jeffsplacemetrowest.org/the-program

Comfort Zone Camps

Camps are offered free of charge to children ages 7-17 who have experienced the death of a parent, sibling or primary caregiver. Comfort Zone Camps create an environment where grieving children can have fun and break the isolation death often brings, while learning valuable coping skills for their daily lives. Typically campers attend at least 3-6 months after the loss. Camps generally are held on weekends from Friday to Sunday afternoon. See the calendar for upcoming events: www.comfortzonecamp.org/locations/massachusetts/calendar

866-488-5679

www.comfortzonecamp.org/

The Dougy Center for Grieving Children & Families

The Dougy Center is headquartered in Portland, Oregon, but its website offers tools for children, teens, and young adults who are grieving a death. Search their site for grief centers staffed by their trainees throughout the country.

866-775-5683

www.dougy.org

Rosie Remembers Mommy: Forever in Her Heart - downloadable e-book.

The story of a young girl who is struggling with childhood traumatic grief after the death of her mother. By reading *Rosie Remembers Mommy: Forever in Her Heart* to a child experiencing traumatic grief, a parent can help him or her understand the many feelings associated with the loss of a loved one, ask questions about the death, and know that their surviving parent is available to hear about all feelings—even upsetting ones.

From The National Child Traumatic Stress Network.

Download at: www.nctsn.org/products/rosie-remembers-mommy-forever-her-heart

For Bereaved Parents

The Compassionate Friends

Organization dedicated to assisting families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. There are chapters located across the U.S and internationally.

877-969-0010

www.compassionatefriends.org/

The Emmaus Ministry for Grieving Parents

The mission of The Emmaus Ministry for Grieving Parents is to serve the spiritual needs of grieving parents whose children of any age have died by any cause.

<https://www.emfgp.org/>

For Widows/Widowers

WidowNet

An online information and self-help resource created for and by widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people who have suffered the death of a spouse or life partner.

www.widownet.org/