

# resources for your grief

in navigating the journey of grief, take pause  
and realize the steady hands that are ready to help



Bartolomeo  
& Perotto

Walker  
Brothers

## online grief & healing

† [bartolomeo.com/grief-support/](http://bartolomeo.com/grief-support/) †



† [centerforloss.com/](http://centerforloss.com/) †



## local grief support groups

† [griefshare.org/](http://griefshare.org/) †



† [goodgriefrochester.com/](http://goodgriefrochester.com/) †



† [urmc.rochester.edu/home-care/hospice-care/bereavement](http://urmc.rochester.edu/home-care/hospice-care/bereavement) †



† [rochesterregional.org/services/hospice-care/our-services/bereavement-services](http://rochesterregional.org/services/hospice-care/our-services/bereavement-services) †



(click on: view a list of our current support groups)

## substance-related loss

† [monroecounty.gov/addiction-grief-support](http://monroecounty.gov/addiction-grief-support) †



## grief podcasts

† (As I Live & Grieve) [buzzsprout.com/1456690](http://buzzsprout.com/1456690) †



† [griefladies.com/podcast id1541153132](http://griefladies.com/podcast id1541153132) †



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15 West Ave • Spencerport NY 14559 585.352.1500

[bartolomeo.com](http://bartolomeo.com)  
[walkerbrothersfh.com](http://walkerbrothersfh.com)

## | counseling services

*recommendations based on: Google Star-Rating of 4.5 or greater | 10 reviews or greater*

↳ [rochestercounseling.com/](http://rochestercounseling.com/) +



(585) 494-7800

1687 English Rd

Rochester, NY 14616

↳ [couragetochangeyou.com/](http://couragetochangeyou.com/) +



(585) 415-9770

1100 Long Pond Rd, Suite 210

Rochester, NY 14626

↳ [treeoflifecounseling.com/](http://treeoflifecounseling.com/) +



(585) 364-2050

95 Allens Creek Rd, Bldg 1, Suite 200

Rochester, NY 14618

## | find a book

↳ [centerforloss.com/bookstore/](http://centerforloss.com/bookstore/) +



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