

Grief and Loss Resources

Tenaflly District is partnered with Care Plus NJ to provide mental health support for the school community. Clinical Program Managers Mackenzie Kuhl, LSW and Heather Brown-Huston, LPC are available to assist K-12 families throughout the district with referrals and local resources for mental health. Feel free to reach out to them at **201-816-4900 x4223 (Mackenzie)** or **201-816-6626 (Heather)** for further assistance.

Bergen County Grief Counseling, 201-818-9399

Hillsdale, NJ <https://www.bergencountygriefcounseling.com/>

- Provides individual and group grief counseling for adolescents and adults.
- Hearts and Crafts Counseling provides art therapy for children ages 4-11. <http://heartsandcraftscounseling.org/>

Rainbows for All Children, 201-218-0719

YMCA Ridgewood, NJ <https://rainbows.org/services/grief-support>

Imagine, A Center for Coping with Loss, 908-264-3100

Newark, NJ <https://imaginejnj.org/>

Good Grief, 908-522-1999

Morristown, NJ <https://good-grief.org/>

Comfort Zone Camp, 804-377-3430

Camps throughout the year are held in different locations state-wide, see website calendar for dates and locations in New Jersey
<https://comfortzonecamp.org/>

CancerCare Grief and Loss Support Groups, 800-813-4673.

Virtual support groups for NY and NJ residents
https://www.cancercare.org/support_groups

For more information or resources, National Alliance for Grieving Children has information and conversation guides to support children who are grieving.

<https://childrengrieve.org/resources>

The 24/7
Performcare
hotline for youth
in crisis in NJ is
877-652-7624. A
parent or
guardian must
call



This resource is provided for informational purposes only and is not intended to be a substitute for professional advice, diagnosis, or treatment or to indicate endorsement or recommendation by Care Plus NJ, the District or Board for any particular service or agency. Always seek the advice of your mental health professional or other qualified health care provider with any questions you may have and consider your provider's guidance in determining the best course of action in your particular circumstance. The listed resources are provided for your reference.