

**CRISIS RESOURCES: when the pain of loss is too difficult to bear, please reach out.**

*Death and grief are different for each person.*

*There is no single thing a survivor can do to recover from grief.*

*But grief shared is grief diminished. Share your sadness and loss with others.*

*Talk it out; express your feelings; write; pray.*

*If you need more than family, friends or clergy can offer,  
please consider one of the resources listed above.*

*They've been through it; they understand like no one else can.*

*Don't do this alone; there's no need. Reach out; we'll catch you.*

This document is produced by the Bismarck-Mandan Community Crisis Team, secretary-treasurer Renae Walker, [renae\\_walker@bismarckschools.org](mailto:renae_walker@bismarckschools.org), 701-323-4091. Last updated June 2019.

**First Link** (24 hour hotline)

Dial 211 or 701-235-7335

**Mental Health America of ND**

*Listening, crisis intervention, information and referral services. Their mission is to promote mental health through education, advocacy, understanding, and access to quality care for all individuals. Call 701- 255-3692 during business hours or 211 above for the First Link 24-hour hotline.*

**Sounds of Silence (SOS) Suicide Support Group**

*Support group for family members and friends who have had a loved one die by suicide; provides a safe, non-judgmental atmosphere where survivors can share their pain and receive support.*

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays September-May; 3<sup>rd</sup> Tuesdays during the summer, 7-8 pm.

Meets at Parkway Funeral Services, 2330 Tyler Parkway, Bismarck, ND. Call Brenda Bergan, 701-223-7322 or 701-426-1021, or Mental Health of ND, 211 or 701-255-3692 on business hours.

**Grief Ministry**

*LOTUS is a group for men, women, and youth who have experienced a death in their lives.*

All groups meet at Parkway Funeral Service, 2330 Tyler Parkway, Bismarck, ND. Contact Brenda Bergan, Eastgate/Parkway Funeral Service, 701-223-7322 or 701-426-1021. For SUMMER schedules, go to [www.eastgatefuneral.com](http://www.eastgatefuneral.com), Resources, Aftercare Information.

- LOTUS for Men:  
Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of each month, Sept. through May, 10 am.
- LOTUS for Women:  
Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of each month, Sept. through May, 1 pm.
- After Hours LOTUS (for working men & women)  
Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of each month, Sept. through May, 7 pm.
- Summer LOTUS: (for men & women)  
Meets 4<sup>th</sup> Tuesday of the month at 1 & 7 pm.
- Sea Glass: (for grieving children & teens)  
A safe, non-judgmental place where youth can share their pain and learn about grief.  
Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month, 7 pm.

### **Grief Share**

*13-week program that offers help and encouragement after the loss of a loved one. \$20 fee.*  
Evangel Assembly, 3225 Harvest Lane, Bismarck, 701-225-0500,  
or Charity Lutheran, 120 Aspen Avenue, Lori Mittleider, 701-400-1849.

### **Angel Babies**

*Support group for pregnancy and infant loss.*

Meets 2<sup>nd</sup> Thursday of each month, Good Shepherd Lutheran Church, 106 Osage Ave.,  
Bismarck, 7-9 pm. Call Dana Schweitzer, 701-220-9791.

### **Caring Sunday Singles** *(a social gathering for women)*

Meets 1<sup>st</sup> Sunday of each month except for holidays, October through May, 12:30 pm, Eagles  
Club of Bismarck, 313 N. 26<sup>th</sup> Street. Lunch gathering (\$10.50) with light entertainment. Call  
Joyce Sauer, 701-223-0133.

### **Beginning Experience**

*Peer ministry for those hurting from the loss of a relationship due to death, divorce or separation.*  
Call Elaine, 701-400-1941.

### **PACE**

*Comprehensive coordination concerning all-inclusive care for the elderly from nursing home  
eligible to stay-in-home individuals.*

Call Christina Bond, 701-751-3050.

### **Northland Care Coordination for Seniors**

*Helping people live in their homes healthier, safer, and more independently.*

Call 701-250-0709, fax 701-250-0739, [www.ndnccs.com](http://www.ndnccs.com)

### **Vulnerable Adult Protective Services**

*Notify West Central Human Service Center in Bismarck if you suspect elderly abuse such as  
physical, verbal, financial exploitation or self-neglect.*

Call 701-328-8888.

### **Faithfully Fit**

*Free program that gets people up and moving.*

Meets Mondays and Thursdays, September through May, McCabe Church, 10-11 am.

Call Jane Morgan, 701-255-1160.

### **Faith's Lodge-Retreat Center**

*A peaceful setting located near the town of Webster in NW Wisconsin, Faith's Lodge supports  
parents and families coping with a death or medically complex condition of a child.*

Contact [www.faithslodge.org](http://www.faithslodge.org).