**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, 701-323-4991. 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.*

1st & 3rd Tuesdays September-May; 3rd 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 2nd & 4th Tuesdays of each month, Sept. through May, 10 am.

- **LOTUS for Women:**
  Meets 2nd & 4th Tuesdays of each month, Sept. through May, 1 pm.

- **After Hours LOTUS** (for working men & women)
  Meets 2nd & 4th Tuesdays of each month, Sept. through May, 7 pm.

- **Summer LOTUS:** (for men & women)
  Meets 4th 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 2nd & 4th 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 2nd 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 1st Sunday of each month except for holidays, October through May, 12:30 pm, Eagles
Club of Bismarck, 313 N. 26th 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

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.