

Grief Support Resource List

Regional Grief Support Providers

To find additional mental health providers in our region, or more information about the providers listed below (including insurance info), use this online directory: tchnetwork.org/provider-resource-directory

Would you like help navigating these services? Email m.wise@tchnetwork.org, call 970-708-7096.

*CBC = *Compassionate Bereavement Care Certified*

| Provider Name, Contact | Location | Ages | Notes |
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| Anna Keating (she/her) <i>LPCC in Private Practice</i> <ul style="list-style-type: none"> • Email : annaleekeating@gmail.com • Phone : 970-239-1761 | Telluride, Rico | | *CBC Provider |
| Brianna Lafferty (she/her) <i>Death and Spiritual Doula</i> <ul style="list-style-type: none"> • Email : bri0nicllc@gmail.com • Phone : 970-302-4542 • Website : www.bri0nicllc.com | Montrose | | Life transition guide |
| Bethany Nehring (she/her) <i>ATR, LPC, Registered Art Therapist, and Owner of Heart Centered Healing & Heart Hues Art Therapy for Kids</i> <ul style="list-style-type: none"> • Email : hcharttherapy@gmail.com • Phone : 970-258-3942 | Montrose | Children and Adults | Accepts Insurance |
| Cara Wilder (she/her) <i>LPCC at Telluride Regional Medical Center</i> <ul style="list-style-type: none"> • Phone : 970-728-3848 • Email : cwilder@tellmed.org • Website : tellmed.org | Telluride | Children and Adults | *CBC Provider |
| Cory Jenkins (she/her) <i>Behavioral Health at River Valley Family Health Center</i> <ul style="list-style-type: none"> • Email : cjenkins@rivervalleyfhc.com • Phone : 970-787-2084 | Montrose | | *CBC Provider |
| Danielle Beamer (she/her) <i>Licensed Clinical Social Worker (LSCW)</i> <i>Hidden Aspects Counseling- Therapy Private Practice</i> <ul style="list-style-type: none"> • Email : hiddenaspectscounseling@gmail.com • Phone : 970-403-5999 • Website : https://hiddenaspectscounseling.com • Specializes in outdoor/adventure sports grief/trauma | Crested Butte | Ages 15+ | *CBC Provider Outdoor therapy, intensives, psychedelics. |

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| <p>Darla Erickson <i>Christian biblical counsel for children, teens and their parents</i></p> <ul style="list-style-type: none"> Email : darla@telluridelaw.net Phone : 970-708-0482 | Telluride | Children, Teens, and Adults | *CBC Provider |
| <p>Desirae Tarris (she/her) <i>LPCC in Private Practice</i></p> <ul style="list-style-type: none"> Email : desirae@balancedintherapy.com Phone : 970-369-9956 Website : https://www.balancedintherapy.com/ | Telluride and Virtual | Ages 18+ | *CBC Provider - Outdoor First Responders, Emergency Staff Support |
| <p>Glory Fioramonti (she/her) <i>EAGALA certified Equine Specialist/Equine Facilitated Therapy</i></p> <ul style="list-style-type: none"> Email : happytrailsglory@gmail.com Phone : 310-600-8001 Website : EAGALA.com | Ridgway, Montrose | Children, Teens, and Adults | *CBC Provider |
| <p>Hope West <i>Grief counseling and support groups available</i></p> <ul style="list-style-type: none"> Email : Adultbereavement@HopewestCO.org Phone : 970-257-2390 Website : www.hopewestco.org | Montrose, Delta, Grand Junction | Children and Adults | Hospice and grief support services |
| <p>Hunter Emmons (she/her) <i>LPCC in Private Practice</i></p> <ul style="list-style-type: none"> Email : h.emmonscounseling@gmail.com Phone : 720-464-7229 Website : www.psychologytoday.com | Telluride | Ages 18+ | In-person or telehealth *CBC Provider |
| <p>Jennie Thomas (she/her) <i>School Based Social Worker, Private Counselor</i></p> <ul style="list-style-type: none"> Email : overallwellnesscounseling@gmail.com Phone : 970-708-9358 | Telluride, Norwood | Children and Adults | *CBC Provider |
| <p>Lauren Glass (she/her) <i>Licensed Professional Counselor (LPC) National Certified Counselor (NCC)</i></p> <ul style="list-style-type: none"> Email : laurenglassconsulting@gmail.com Phone : 970-335-8161 Website : www.laurenglassconsulting.com | Durango and Regionally via telehealth | Ages 18+ | *CBC Provider |
| <p>Lauren Norton (she/her) <i>Birth, Grief, and End of Life Doula</i></p> <ul style="list-style-type: none"> Email : throughthewoodsdoula@gmail.com Website : www.throughthewoodsdoula.com | Telluride | All Ages | Non-medical emotional, spiritual, and practical support |

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| <p>Lindsey Ermatinger (she/her) <i>Collaborative Trauma Solutions</i></p> <ul style="list-style-type: none"> Email: lermatinger@collaborativetraumasolutions.com Phone: 970-901-5271 Website : www.collaborativetraumasolutions.com | Montrose | Teens, Adults, and Couples | |
| <p>Lindsay Wright (she/her) <i>Licensed Marriage and Family Therapist, LMFT</i></p> <ul style="list-style-type: none"> Email : lindsay@theskitowntherapist.com Phone : 970-239-1025 Website : www.theskitowntherapist.com | Telluride | Teens, Adults, Couples, and Families | *CBC Provider Specializes in grief and trauma. |
| <p>Megan Wise (she/her) <i>Certified Grief Coach</i> <i>Regional Health Connector at Tri-County Health Network</i></p> <ul style="list-style-type: none"> Email : m.wise@tchnetwork.org Phone : 970-379-7315 Website: www.tchnetwork.org | Telluride, Rico | Teens and Adults | *CBC Provider |
| <p>Rae Centanni Shaffner (she/her) <i>Licensed Clinical Social Worker</i></p> <ul style="list-style-type: none"> Email : rae@mapandmirrorcounseling.com Phone : 225-571-4404 | Telluride | Adults | Grief specialist |
| <p>Robin Kondracki (she/her) <i>LPCC at Axis Health System</i></p> <ul style="list-style-type: none"> Email : rkondracki@axishealthsystem.org Phone : 970-252-3200 Website : www.axishealthsystem.org | Telluride | | *CBC Provider |
| <p>Samantha Peterson (she/her) <i>Therapist (MSW Intern)</i></p> <ul style="list-style-type: none"> Email : speterson@collaborativetraumasolutions.com Phone : 970-626-8197 Website : www.collaborativetraumasolutions.com | Virtual, Dolores, Montrose | | *CBC Provider |
| <p>Shelley Fourney (she/her) <i>Licensed Clinical Social Worker (LCSW)</i></p> <ul style="list-style-type: none"> Email : shelley@intentionalsteps.us Phone : 970-729-3545 Website : https://intentionalsteps.us | Telluride, Norwood | Children, Teens, and Adults | Licensed in CO and TX *CBC Provider |
| <p>Telluride Regional Medical Center Warm Handoffs Telluride Medical Center patients can call and schedule a “warm handoff” appointment for brief care with a primary care provider and also see a mental health provider. 970-728-3848</p> | Telluride | Adults and Youth | *CBC Provider available |

Local Grief Resources: Subscribe to monthly grief updates emails by emailing m.wise@tchnetwork.org

Grief support care kits:

- FREE at the Tri-County Health Network offices in Telluride, Naturita, Montrose, and Delta.

Financial Support for Therapy/Counseling:

- Tri-County Health Network (TCHN) offers Mental Health Scholarships for youth and adults.
 - tchnetwork.org/mentalhealthscholarships
 - Email: BHFund@tchnetwork.org or use TCHN contact info above.
- The Second Wind Fund offers financial support for therapy for youth at risk for suicide.
 - thesecondwindfund.org

Regional In-Person Grief Support Opportunities:

- Expressing Grief and Healing Through Art
 - Monthly painting classes at the [AhHaa School for the Arts in Telluride](#)
 - Visit ahhaa.org for more information and to sign up.
- Gather and Grieve in Nature Retreat
 - Those grieving the death of a loved one gather in June each year at the [High Camp Hut](#) above Telluride. (www.highcamphut.com). Email m.wise@tchnetwork.org for info.
- [Wilkinson Library](#) - Telluride (telluridelibrary.org)
 - Gather and Grieve Support Group
 - [Read to Recovery](#) section of the Wilkinson Library
- [Grace Reins Equine Therapy](#) - Placerville (gracereins.org)
 - At Grace Reins, we are devoted to enriching and healing lives through the transformative power of Equine Therapy & Partnering
- [Spiritus](#) - Montrose and Ridgway (www.spiritus.love)
 - Through intentional breathwork sessions, conscious counseling, and mindful practices, you'll discover the stories that no longer serve you and create space for the love, acceptance, and growth you crave.
- [Pathfinders](#) - Western Slope (pathfindersforyou.org)
 - Grief and Honor River Rafting Trips on the Colorado River near Grand Junction. Open to families and individuals. Usually offering trips in July, August, and September annually.
- [Selah Carefarm](#) - Sedona, AZ (selahcarefarm.com)
 - Sanctuary for animals and traumatic grief retreat (ask about scholarships).

Online General Grief Resources:

- [Center for Loss and Trauma](#) is a grief resource website developed by Dr. Joanne Cacciatore, Author of Bearing the Unbearable and founder of the Selah Carefarm in Sedona, AZ (see above).
 - centerforlossandtrauma.com
- [Charlie Health](#) offers personalized intensive treatment programs for teens and adults.
 - charliehealth.com
- [The Dougy Center](#) offers multilingual resources for grieving children, teens, and families.
 - dougy.org
- [Evermore](#) is changing policies and practices within our communities — and across our nation — so that all bereaved people can achieve a healthy and prosperous future.
 - evermore.org
 - See “Your Loss” tab for resources for bereaved children, parents, siblings, and spouses.
- [Grief.com](#) is the homepage of David Kessler, author, bereaved father, facilitator of online support groups, and an AI virtual grief supporter.
- [GrieveWell](#) seeks to build a community that promotes healthy grieving and healing so that adults (including young adults) can grieve well and lead a full life after loss.
 - grievewell.com
- [The HeartLight Center](#) is Colorado-based and offers virtual grief support groups and education.
 - heartlightcenter.org
- [Survivors of Outdoor Adventures and Recovery \(SOAR\)](#) was created to support survivors and communities in healing after outdoor accidents. We create connections to peers, knowledge and outdoor trauma-informed care.
 - soar4life.org
- [What’s Your Grief](#) is an online space for sharing, support, resources, & more.
 - whatsyourgrief.com

Disaster-Specific Grief Resources:

- [How to help children after a natural disaster](#) (see tagcenter.org virtual learning library)
- Survivors of Disaster Resource Portal: samhsa.gov/technical-assistance/dtac/disaster-survivors
- National Center for PTSD: ptsd.va.gov/disaster_events/for_everyone/index.asp
- [Center for Disaster Philanthropy Mental Health, Grief, and Bereavement Toolkit](#) (disasterphilanthropy.org)

Would you like help navigating these services? Email m.wise@tchnetwork.org, call 970-708-7096 and ask for Megan, or stop by the Tri-County Health Network office: 238 E. Colorado Ave. Ste. 8 in Telluride.