



Peer Support Services

At the Good Grief Center (GGC), we are passionate about our mission to be a resource center and safe place for clients who are grieving the death of someone important in their lives. Staff members and trained volunteers draw on real-life insights and from in-depth, ongoing education to provide thoughtful, appropriate and hope-filled guidance.

At the heart of GGC's mission is confidential peer support. What exactly is peer support?

Peer support offers education and emotional support to those who are grieving. Good Grief Center staff members and volunteers are well trained to serve as educators, listeners, advocates and coaches while offering empathetic understanding and a healing presence to grieving individuals and families. Support is offered in person or over the phone free of charge to individuals and families. The Good Grief Center supports children, adolescents and adults.

Often, sharing emotional pain is the first step in lessening it — we invite you to share yours. Most people are surprised by the many layers of grief and how long the mourning process may take. It is also not unusual for a grieving person to feel avoided, misunderstood, or isolated. We understand those feelings and have found that peer support, which begins with compassionate listening, has helped many individuals.

Please give us a call if you are having trouble coping with the death (or anticipating a death) of a spouse, family member, friend, partner, co-worker or pet; or if you need support and education on how to help someone else who is grieving. Contact us as many times as you need to. You may walk in, call ahead for an appointment, send an e-mail (support@goodgriefcenter.com), or call (412-224-4700) for support or resources.

