

September 7, 2025

# Local Indianapolis Grief Resources 2025

*Compiled by Joyful Counseling*

Whether you're grieving the loss of a loved one, a child, or navigating identity-specific experiences of grief, Indianapolis has several options for support.

## **GriefShare (Multiple Locations)**

A 13-week in-person grief recovery program offered at churches across the city (e.g., College Park, Calvary Lutheran, The Creek). Sessions run throughout the year.

👉 [Find a group near you](#)

## **Indiana Donor Network – “Together in Grief”**

Monthly virtual grief support group exploring themes like searching for meaning and navigating holidays. Meets the first Wednesday of each month, 5:30–7:30 pm ET.

👉 [Learn more & register](#)

## **Community Health Network – InTouch Bereavement**

Free services for adults, including counseling, support groups (in-person & virtual), workshops, and memorial events.

👉 [Explore programs](#)

## **Brooke's Place (Children, Teens, Young Adults)**

Peer support and therapy designed specifically for grieving children, teens, young adults, and their caregivers.

👉 [Visit Brooke's Place](#)

## **IU Health & Riley Children's Health – Grief Counseling**

Individual counseling, grief groups, and specialized programs like Hope in Healing for families who have lost a child.

👉 [Learn more at IU Health](#)

👉 [Riley Children's Grief Services](#)

## **Indianapolis Queer Grief Community (IQGC)**

Affirming spaces for LGBTQ+ individuals to grieve and connect. Their 6-week peer group (Grief in Color) runs several times a year, alongside Reading Rainbows (book club) and

community meetups.

☞ Connect via Instagram: [@queergriefindy](#)

☞ [Learn more on Indy Pride's page](#)

**You're not alone.**

Each of these groups offers a doorway into connection, compassion, and healing.