
GRASP: Grief Recovery After a Substance Passing

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- **Topic** - Addiction
- **Type** - Local Program



Grief Recovery After a Substance Passing

Created by [GRASP: Grief Recovery After a Substance Passing](#)

FIRST STEPS

1. Make Contact with GRASP
2. Express Your Loss
3. Find Yourself Again

GRASP was founded to help provide sources of help, compassion and most of all, understanding for families or individuals who have had a loved one die as a result of substance abuse or addiction.

The GRASP website outlines some tools for coping, will help you locate meetings or create a chapter in your area.

GRASP also holds an annual retreat where family members can come together to support each other's grief journey.

"The GRASP Conference and Retreat provides a unique opportunity for those who participate to come together as a community and to find acceptance and solace for their grief. We struggled alongside our loved one as they fought this illness but this battle is one that we and our loved one ultimately lost. Many times this loss was unaccepted by others as being worthy of compassion. They did not understand. But those of us who have experienced this kind of disenfranchised loss, we do understand. We share an experience, and through this experience, a bond. This bond, it is an unwanted one. But, as such, it is all the stronger."

Visit the GRASP website for information on their next gathering.

[Find a GRASP group near you](#)