



Parker University Grief Resources

Dallas Grief Counseling – individual and group therapy

(in-person and virtual sessions available)

2007 N Collins Blvd #409 Richardson, TX 75080

469.227.0740

<https://www.dallasgriefcounseling.com/>

Lifeologie Counseling – individual counseling

(in-person and virtual sessions available)

3303 Lee Parkway, Suite 102 Dallas, TX 75219

(214) 357-4001

[Lifeologie Website](#)

White Rock Therapy- individual counseling

(in-person and virtual sessions available)

Dallas Office: 10300 N Central Expy Ste 280 Dallas, TX 75231

Frisco Office: 5300 Town and Country Blvd. Ste 240 Frisco, TX 75034

214.664.9735

contact@whiterocktherapy.net

<https://www.whiterocktherapy.net/grief-and-loss>

Grief and Loss Center of North Texas (Virtual group therapy)

4316 Abrams Rd, Dallas, TX 75214

214-452-3105

hope@mygriefandloss.org

<https://mygriefandloss.org/adults>

Free to low-cost services:

Healing Hands Clinic

Provides medical and behavioral/psychiatric services.

(214) 221-0855 <https://www.hhmhealth.org/our-services>

(estimated cost \$35-\$65)

Parkland Health

Provides behavioral health services/medication management.

214-266-4000 or <https://www.parklandhealth.org/get-care>



Agape Clinic

Provides free to low-cost medical/dental/case management, behavioral health, and psychiatric services

972.707.7782 <https://www.theagapeclinic.org/>

Resources:

- Comprehensive list of grief support groups: <https://www.griefshare.org/countries/us/states/tx/cities/dallas>
- General Grief Education: <https://mygriefandloss.org/resources>