

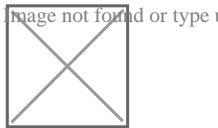


## Companions on Journey



### [Companions on a journey](#)

Companions on Journey help support anyone who has suffered the death of a loved one. Such as the feelings that come with grief that can cause a person to feel numb, lost, alone, angry, and confused.



While the roots of COJ are founded in faith, their branches welcome everyone from the young to the old, people from all backgrounds, and those of all religions, identities, and affiliations, without exception. Grief does not discriminate, and neither do we.

COJ was founded in 1997 and is a faith-based, community volunteer organization that operates and facilitates grief-specialized support groups such as:

- Child loss
- New Beginnings Widowed
- Youth Windowed
- Living Again Widowed
- Survival of suicide
- Open Grief Group for Parents/siblings/friends
- Perinatal/neonatal loss
- Young Adults
- Teens-in-Grief Support Programs for area high schools
- COJ also provides support through their Seasons of Grief Newsletter, Grief Workshops, Topic Nights, Retreats, and Educational classes.

[Visit Companions on a Journey](#)