Grief Support Centers (listed by city)

Please note: The information on these centers is updated annually and may have changed. Please call to verify times and locations of the groups.

St. Joseph Homecare & Hospice
Contact: Reita Abbott, Administrative Director
         Jane Folsom, Hospice Coordinator
Address: St. Joseph Healthcare Park
         900 Broadway
         Bangor, Maine 04401
Phone:  207-262-1810
Fax:    207-262-1928
E-Mail Address: None
Website Address: None
Drop-in/Enrollment: Drop-in
Areas served: Greater Bangor (25 mile radius)
Group leader: Grief counselor
Criteria: Self-referral
Description: There is a community bereavement support group hosted at Brookings-Smith Funeral Home, 133 Center St., Bangor on the 2nd & 4th Wednesdays of the month from 6:00 p.m. – 7:30 p.m. The agency offers 10 week grief support programs several times annually at no charge. Please contact the agency for further information.

Parents Who Have Lost Children
Contact: Judy Tredwell
Address: Brooking Smith Family Center
         133 Center St.
         Bangor, ME  04401
Phone:  207-326-9369
Fax:    207-326-8800
E-Mail Address: jbtredwell@myfairpoint.net
Website Address: None
Drop-in/Enrollment: Drop in
Areas Served: Greater Bangor area
Group leader: Unknown
Criteria: Self-referral
Description: Ongoing month meeting, every 3rd Wednesday each month, 6:00 p.m. to 7:30 p.m., open to the public, offers support for parents or caregivers who have lost children.

Pathfinders – Hospice of Eastern Maine
Contact: Linda Boyle, Program Coordinator
Address: EM Healthcare Mall
         885 Union Street, Suite 220
         Bangor, Maine 04401
Phone:  207-973-8269 or 800-350-8269
Fax:    207-973-6557
E-Mail Address: lboyle@emh.org
Website Address: www.pathfindersmaine.org
Drop-in/Enrollment: Application process
Areas served: Penobscot & surrounding counties
Group leader: Various agency resources trained volunteers through Hospice of Eastern Maine.
Criteria: Self-referral
Description: This is a support group that meets for 10-weeks in 2 sessions: spring & fall, for children & teens (3-18) and families.
Grief Support Centers (listed by city)

Hospice Volunteers of Waldo County
Contact: Connie Woitowitz
         Flic Shooter, Bereavement Coordinator
Address: PO Box 772
         Belfast, Maine 04915
Phone:  207-930-2677
Fax:    None
E-Mail Address: hospice@wcgh.org
Website Address: None
Drop-in/Enrollment: Application process
Areas served: Waldo County
Group leader: 30-hour hospice volunteers training
Criteria: Self-referral
Description: They have hosted suicide survivor support groups in the past and they may in the future if the need is there. But they mostly host a general bereavement support group that is held for 8-weeks twice a year in the spring and fall. A library with borrowing materials has also been added.

CHANS Hospice & Volunteers: Center for Grief & Loss
Contact: Kathe Pilibosian Grief Support & Bereavement Coordinator
Address: 45 Baribeau Drive
         Brunswick, Maine 04011
Phone:  207-729-3602 x 104 or 888-486-0340
Fax:    207-729-2721
E-Mail Address: kpilibosian@midcoasthealth.com
Website Address: www.hospicevolunteers.org
Drop-in/Enrollment: All programs have an intake process; please call for further information.
Areas served: Parts of Androscoggin, Cumberland, Lincoln Sagadahoc counties
Group leader: Licensed staff & trained volunteers
Criteria: Self-Referral
Description: Programs are open to community members and an initial interview is required. NO charge for group attendance. Please call for further information.
Areas served: Sagadahoc, Cumberland and parts of Androscoggin and Lincoln Counties Criteria: Self-Referral **They offer year round grieving children’s, anticipatory grief and grieving parent's programs, in addition to suicide loss support, and structured grief support.

Down East Hospice
Contact: June Archer-Gillespie
Address: 24 Hospital Lane
         Calais, Maine 04619
Phone:  207-454-9204
Fax:    207-454-3616
E-Mail Address: downeasthospice@yahoo.com
Website Address: None
Drop-in/Enrollment: Please call first
Areas served: Washington County
Group leader: Trained Volunteers
Criteria: Self-referral
Description: Offers one-on-one general grief counseling. A 6-week grief support program will be offered in the Calais area starting in the Fall.
Grief Support Centers (listed by city)

Miles Home Health and Hospice
Contact:  Daphne Stern
Address:  40 Belvedere Road
          Damariscotta, Maine 04543
Phone:  207-563-4592 (voice mail 563-4182)
Fax:  207-563-8652
E-Mail Address:  None
Website Address:  None
Drop-in/Enrollment:  Call first, initial interview to ascertain need – possible referral
Areas served:  Lincoln County
Group leader:  1 facilitator – Daphne Stern
Criteria:  Recent adult loss – limited participation, small group
Description:  Every other Wednesday from 10 a.m. to 12:00 p.m.

Pine Tree Hospice
Contact:  Jane Stitham, Executive Director
Address:  883 West Main Street
          Dover-Foxcroft, Maine 04426
Phone:  207-564-4346
Fax:  207-564-4400
E-Mail Address:  wecare@pinetreehospice.org
Website Address:  www.pinetreehospice.org
Facebook page:  www.facebook.com/PineTreeHospice
Drop-in/Enrollment:  Drop-in.
Areas served:  Piscataquis County and portions of Somerset & Penobscot counties
Group leader:  Trained volunteers
Criteria:  Self-referral, Social Worker, Medical Professionals and Spiritual Leaders.
Description:  A group meets for bereavement support the 1st and 3rd Thursday of the month, from 6:30 p.m. – 7:30 p.m. at Mayo Regional Hospital, Basket House, 883 West Main St, 1st floor (call Pine Tree Hospice at 564-4346).

Pete’s Place, A Center for Grieving Children & Families
Contact:  Jan Arsenault, Program Manager
Address:  Wentworth Douglas Hospital
          30 St. Thomas St., Suite 240
          Dover, NH 03820
Phone:  603-740-2689
Fax:  603-742-7210
E-Mail Address:  scja@wdhospital.com
Website Address:  http://www.wdhospital.com/body.cfm?id=181
Drop-in/Enrollment:  Telephone application
Areas Served:  Greater Seacoast of New Hampshire & Southern Maine
Group leader:  Therapist and co-facilitator
Criteria:  Depends on the application
Description:  Services provided include individuals and family visits, consultation, education and occasional groups. School-based groups are offered during the school year. Services support the bereaved, as well as those coping with a serious illness. Services are provided to children, adolescents and their families.
Grief Support Centers (listed by city)

Hospice of Hancock County
Contact: Mary-Carol Griffin, Bereavement Services Coordinator
Address: 14 McKenzie Avenue
          Ellsworth, Maine 04605
Phone: 207-667-2531
Fax: 207-667-9406
E-Mail Address: mcgriff@hospiceofhancock.org
Website Address: None
Drop-in/Enrollment: Application & Interview process
Areas served: Hancock County
Group leader: Survivors that have been trained
Criteria: Self-referral
Description: A suicide survivor support group is advertised in the spring and fall of the year.

Seacoast Hospice
Contact: Deb Proulx
Address: 10 Hampton Road
          Exeter, NH 03833
Phone: 603-778-7391 or 800-416-9207
Fax: 603-772-7692
E-Mail Address: dproulx@seacoasthospice.org
Website Address: www.seacoasthospice.org
Drop-in/Enrollment: Enrollment process
Areas served: Rockingham, Strafford & Carroll County in New Hampshire and Southern York County in Maine.
Group leader: Trained volunteers
Criteria: Self-referral
Description: There are general, specific-loss and suicide support groups that meet for six sessions in various community locations. We offer a children’s (age: 4 to 18) support group called Bridges that meets in the spring and fall (Meredith Plimpton, 800-416-9207 or mplimpton@seacoasthospice.org). There are no fees for these services. A complete schedule of all groups can be found on our website.

HealthReach Hospice & Volunteers of Kennebec Valley
Contact: Blythe Edwards, Bereavement Coordinator
Address: 150 Dresden Avenue
          Gardiner, Maine 04345
Phone: 207-626-1780
Fax: 207-582-6819
E-Mail Address: blithe.edwards@mainegeneral.org
Website Address: www.hospicevolunteerskennebec.org
Drop-in/Enrollment: Enrollment process
Areas served: Southern Kennebec County, but anyone in the county may attend
Group leader: Facilitating team
Criteria: Self-referral
Description:
Grieving Children & Teen Program (ongoing) – This weekly group is available to children & teens ages 3 to 18, and is based upon the model used by the highly acclaimed Center for Grieving Children in Portland, ME. Children & teens are placed in age appropriate groups where they participate in activities designed to help them express & cope with their grief.

General Loss Support Group (six weeks) – This time-limited group which begins at seasonal intervals throughout the year is open to anyone who has experienced the death of a loved one. The group takes participants through a process which offers those attending a chance to tell their story & to learn how to cope in the face of loss, as well as providing education about grief. Meetings are held in either Gardiner or Augusta depending upon the session.
Grief Support Centers (listed by city)

Empty Arms (ongoing monthly meetings) – This group, which is held in Augusta, is offered to parents who have experienced miscarriage, stillbirth or infant death.

Survivors of Suicide (six weeks) – This group is offered yearly in the spring for family & friends of someone who died by suicide. Information specific to loss & grief after a suicide is provided.

Child Loss Support Group (six weeks) – This group, held in Augusta, is offered in the fall to parents who have experienced the death of a child at any age.

New Hope Hospice, Inc.
Contact: Patricia Eye or Nancy Burgess, Co-Directors
Address: PO Box 757, (1344 Main Rd, Eddington, ME)
          Holden, Maine 04429
Phone: 207-843-7521
Fax: 207-843-6645
E-Mail Address: newhope7521@aol.com
Website Address: www.newhopehospice.org
Drop-in/Enrollment: Drop-in
Areas served: 35 mile radius around Bangor
Group leader: Rodney St. Louis, LCSW
Criteria: Self-referral
Description: They have a general bereavement support group that meets the 2nd & 4th Wednesday of each month at 6:00 p.m. at Brookings Smith Family Center in Bangor.

Androscoggin HomeCare & Hospice
Contact: Jim Douglas
Address: PO Box 819
          Lewiston, Maine 04240-0819
Phone: 207-777-7740 or 800-482-7412
Fax: 207-795-9540
E-Mail Address: jim.douglas@ahch.org
Website Address: www.ahch.org
Drop-in/Enrollment: Drop-in and/or application
Areas served: Androscoggin, Oxford, Franklin and northern Cumberland Counties
Group leader: Professional staff and trained volunteers
Criteria: Self-referral, some restrictions according to group
Description: There is an 8 to 10 week-long program for children and teens and their parents offered three times a year in 3 locations, monthly drop-in meetings at several locations and adult grief support groups 3 times a year in 3 locations. There is also a bereavement after suicide support group that meets 2 times a year in Lewiston.

Beacon Hospice
Contact: Heather Thompson
Address: 54 Atlantic Place
          South Portland, Maine 04106
Phone: 207-772-0929 or 800-840-0668
Fax: 207-772-7779
E-Mail Address: hthompson@beaconhospice.com
Website Address: www.beaconhospice.com
Enrollment: Must register first
Areas served: Varies from site to site
Group leader: Varies from site to site
Criteria: Self-referral
Grief Support Centers (listed by city)

Description: Beacon Hospice has sites at York, Lewiston, Portland, Augusta & Bangor. We offer support groups, one-on-one counseling and in-services to the community at no cost, in a number of locations, times and various forms (i.e. parent loss, widow/widower, pet loss, general, elder loss, etc.) Please call for more information.

(The) Center for Grieving Children
Contact: Patricia Ellen, Outreach Director
Susan Giambalvo, Program Director
Anne Lynch, Executive Director
Address: PO Box 1438
Portland, Maine 04104
Phone: 207-775-5216
Fax: 207-773-7417
E-Mail Address: patricia@cgcmaine.org
Website Address: www.cgcmaine.org
Drop-in/Enrollment: Enrollment process
Areas Served: Cumberland and York Counties, and parts of Androscoggin, Rockland
Group leader: Trained volunteers
Criteria: Self-referral
Description: GROUPS: Bereavement groups for children (3-18), their parents and young adults (18-30); offer peer support for families dealing with a serious illness from the point of diagnosis – for children (3-18), young adults (18-30), adult caregivers; the person who is ill, Bereaved Parent group for parents who have lost a child of any age, Young Widow and Widower’s Group for people who experienced the loss of a spouse or partner. Peer support groups in collaboration with Portland schools for children from war torn countries.
EDUCATION & CRISIS RESPONSE: Education and crisis support outreach to schools, camps, businesses, communities and organizations.
PHONE SUPPORT: Offered during regular business hours.

Maine Medical Center
Contact: Connie Korda
Address: Dept of Patient & Family Services
22 Bramhall Street
Portland, Maine 04102
Phone: 207-662-4226
Fax: None
E-Mail Address: None
Website Address: None
Drop-in/Enrollment: Both
Areas served: Greater Portland & beyond
Group leader: LCPC
Criteria: Self-referral
Description: There is a suicide survivor’s support group that meets the 2nd and 4th Monday of every month at 7:00 p.m. at the Dana Center, Classroom #1.

Coastal Family Hospice Volunteers
Contact: Sharon Spaulding, Bereavement Coordinator
Address: 34 Old County Rd.
Rockport, Maine 04856
Phone: 207-593-9355
Fax: None
E-Mail Address: sspaulding@penbayhealthcare.org
Website Address: None
Drop-in/Enrollment: None
Areas served: Knox and Lincoln County
Grief Support Centers (listed by city)

**Hospice of Southern Maine**

- **Contact:** Carol Schoneberg  
- **Address:** 180 U.S. Route 1  
  Scarborough, ME 04074  
- **Phone:** 207-289-3640 or 866-621-7600  
- **Fax:** 207-883-1040  
- **E-Mail Address:** cschoneberg@hospiceofsouthernmaine.org  
- **Website Address:** None  
- **Drop-in/Enrollment:** Register by phone or e-mail, followed by completion of bereavement questionnaire  
- **Areas Served:** York & Cumberland County  
- **Group leader:** Professional staff & trained volunteer facilitators  
- **Criteria:** Self-referral of those 18+ years old who have experienced the death of a loved one  
- **Description:** They offer general bereavement support groups (closed) that meet weekly for 8-week sessions. Groups offered 4-5 times/year. Also provide one-on-one bereavement support in the home for a limited period of time.

**Hospice Volunteers of Somerset County**

- **Contact:** Michelle Fisher, Executive Director  
  Pat Miner, Bereavement Coordinator  
- **Address:** PO Box 3069  
  Skowhegan, Maine 04976  
- **Phone:** 207-474-7775  
- **Fax:** 207-474-7773  
- **E-Mail Address:** brcor.hvsc@beeline-online.net  
- **Website Address:** www.hvosc.net  
- **Drop-in/Enrollment:** Drop in & enrollment process  
- **Areas Served:** Somerset County  
- **Group leader:** Bereavement Coordinator  
- **Criteria:** Self-referral, crisis counseling, schools, etc  
- **Description:** They offer a general adult bereavement support group that meets throughout the year, and children’s bereavement support groups that meet for eight weeks, twice a year. They also do one-on-one support, a bereavement mailing program, and a lending library.

**H.O.P.E.**

- **Contact:** Kenneth Hamilton  
- **Address:** PO Box 276  
  South Paris, Maine 04281  
- **Phone:** 207-743-7458  
- **Fax:** None  
- **E-Mail Address:** kenhhope@hopehealing.org  
- **Website Address:** www.hopehealing.org  
- **Drop-in/Enrollment:** Drop-in, call to find out where the meetings are  
- **Areas served:** Hallowell, South Paris, Portland  
- **Group leader:** Kenneth Hamilton, MD  
- **Criteria:** Self-referral  
- **Description:** Group services support the bereaved, as well as those coping with a serious situation or condition. Group motto is: Finding healing attitudes during difficult times.
Grief Support Centers (listed by city)

Hospice Volunteers of Waterville
Contact: Dale Marie Clark
Address: 304 Main Street, PO Box 200
         Waterville, Maine 04901
Phone: 207-873-3615
Fax: 207-873-5094
E-Mail Address: dmclark@hvwa.org
Website Address: www.hvwa.org
Drop-in/Enrollment: Application Process
Areas served: 27 communities around Waterville
Group leader: Trained volunteers
Criteria: Self-referral
Description: Several bereavement groups for adults including a specialized group for survivors of suicide (as needed); Hope’s Place is a program for grieving children and teens. Camp Ray of Hope is a program for grieving families and individuals who are residents anywhere in Maine which takes place the 3rd weekend of September, at Camp Mechuwana on "The Narrows", in Winthrop, Maine.

Hospice of York
Contact: Dee Bickmore
Address: 15 Hospital Drive
         York, Maine 03909
Phone: 207-363-7000
Fax: None
E-Mail Address: None
Website Address: www.hospiceofyork.com
Drop-in/Enrollment: Application process
Areas served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick & North Berwick
Group leader: Trained volunteers
Criteria: Self-referral
Description: There is a general bereavement support group that meets in the fall/winter/spring, which lasts 10 weeks.

Updated August 2010