

Maine Grief Support Centers (Listed by County)



Note: Updated annually. Items may have changed. Please call ahead to verify dates, times and locations of group meetings.

ANDROSCOGGIN

Androscoggin Home Care & Hospice

Type: Grief Groups, Suicide Survivor Groups
Contact: Amy Dulac
Address: 15 Strawberry Avenue Lewiston, Maine 04240
Phone: 207-777-7740 or 1-800-482-7412
E-Mail: developmentoffice@ahch.org
amy.dulac@ahch.org
Website: www.ahch.org

Enrollment: Contact Amy to register.

Areas Served: Androscoggin, Oxford, Franklin, Farmington and Cumberland

Group Leader: Professional staff, trained volunteers

Criteria: Call to register before attending a group.

Description: Adult grief support groups in Lewiston/Auburn, Bridgton, Norway and Farmington. Camp Dragonfly is for grieving children (ages 3-18) and adult family members who experienced the loss of a loved one. Pathways through Grief is a 6-week grief support group offered in Bridgton, Farmington and Norway for adults who suffered a loss through death. Guidance through Grief is an 8-week grief support group in Lewiston for adults who suffered a loss through death. Bereavement after Suicide addresses special needs and feelings of persons coping with a loss due to suicide. A general grief support group is open to anyone who lost a loved one.

Meetings: The general grief support group held 2nd and 4th Wednesday every month, 6-7:30PM at St. Mary's Residences, Campus Cuisine Room, 100 Campus Avenue, Lewiston. Contact Amy for information on other group locations, dates and times.

The Colby Fund

Type: Pregnancy/Infant Loss Support
Contact: Tammy Brule

Address: Central Maine Medical Center
300 Main Street, Conference Rm. D Lewiston, Maine 04240

Phone: 207-400-0093 (Tammy Brule)

E-Mail: babyalligatortears@yahoo.com
Website: www.babyalligatortears.com

Enrollment: Call Tammy prior to meeting.

Areas Served: Statewide

Group Leader: Tammy Brule

Criteria: Self-Referral

Description: Counseling and support at St. Mary's Hospital and CMMC in Lewiston for individuals, couples, families and friends who experienced a pregnancy loss or infant death. Offers a safe and supportive environment where people share their feelings associated with loss, find answers to difficult questions, seek comfort in others with similar experiences, develop coping skills and start to understand the grieving process. Also provides Bereavement Doula Services.

Meetings: Held 3rd Wednesday every month.
Call Tammy for group location and time.

Compassionate Friends

Type: Child/Grandchild Loss Support

Contact: Jan 207-364-8809 (Primary) or
Libby 207-344-7074

Address: D'Youville Pavilion ARC Room,
102 Campus Avenue Lewiston,
Maine 04240

Phone: 207-557-8202

E-Mail:

compassionatefriendslewiston@yahoo.com

Website: www.compassionatefriends.org

Enrollment: Call ahead to register.

Areas Served: Statewide

Group Leader: Trained volunteers

Criteria: Open to the community

Description: Open to anyone dealing with the
loss of a child or grandchild.

Meetings: Held 2nd Wednesday every
month, 6-8PM at D'Youville Pavilion.

AROOSTOOK

Northern Maine Medical Center

Type: Suicide Loss Support Group

Contact: Ethel Jalbert, RN

Address: P.O. Box 343
Fort Kent, Maine 04743

Phone: 207-834-5790

Contact E-Mail: ethel.jalbert@yahoo.com

Website: www.nmmc.org

Enrollment: Open Enrollment

Areas Served: Northern Aroostook

Group Leader: Facilitated by mental health
professionals and loss survivors.

Criteria: No referral required. The loss
does not have to be recent.

Description: Open to suicide loss survivors.
For adults who have experienced a loss of
family member or friend by suicide. Handouts
free and refreshments served.

Meetings: Held 1st Thursday every month,
Northern Maine Medical Center Library, 6:30-
8PM.

Compassionate Friends

Type: Loss of a Child Support

Contact: Michele

Address: Center for Community Health
Education (Houlton Hospital) 20
Hartford Street, Houlton, Maine
04730

Phone: 207-521-7455

Contact E-Mail: chelewilliefitz@gmail.com

Website: www.compassionatefriends.org

Enrollment: Drop-In

Areas Served: Statewide

Group Leader: Michele

Criteria: Open to the community.

Description: Support for parents or siblings
who have lost a child of any age.

Meetings: Held 2nd Wednesday every
month, 6:30-7:30PM, Houlton Regional
Hospital.

CUMBERLAND

CHANS Hospice and Volunteers: Center for Grief and Loss

Type: Grief Support Groups

Contact: Andy Sokoloff, Grief Support and Bereavement Coordinator

Address: 45 Baribeau Drive Brunswick, Maine 04011

Phone: 207-721-1357

Contact E-Mail: asokoloff@midcoasthealth.com

Website: www.hospicevolunteers.org
www.CHANShomehealthcare.com

Enrollment: All programs have intake process and free of charge. Pre-attendance meetings required prior to all support groups to help people connect to appropriate group. Contact Andy to register or for information.

Areas Served: Parts of Androscoggin, Cumberland, Lincoln and Sagadahoc

Group Leader: Licensed staff and peer facilitators

Criteria: Self-Referral

Description: Suicide Loss Support Group is open to all members of the community who lost someone to suicide. A support group is newly available for families who lost loved ones due to a drug overdose or long-term substance use. Adult Grief Support Groups are at several locations and a Grieving Children's Support Group for all Children, Teens and their Families. An anticipatory grief support, Living Loss, Living Hope, is for individuals or families facing life threatening illness or other losses.

Meetings: *8-week Grieving Parents Support Group* meets Thursdays 1-2:30pm at 45 Baribeau Dr., Brunswick. This class is designed for anyone grieving the death of a

child at any age. *The 8-week Survivors of Suicide Loss Support Group* meets Mondays at 6-7:30pm at United Methodist Church, 340 Oak Grove Ave., Bath, designed for anyone in community grieving death by suicide of a loved one. *Adult Grief Support Group* meets the 2nd and 4th Tuesday of the month from 6:30-8 pm at 45 Baribeau Dr., Brunswick designed for anyone grieving the death of a loved one. A second *Adult Grief Support Group* meets the 1st and 3rd Wednesday of every month from 2-3:30 pm at the Cadigan Lodge, 54 Governors Way, Topsham designed for anyone in the community grieving the death of a loved one. *Pet Loss Support Group* meets the 3rd Tuesday of the month from 3:30 – 5 pm at the Brunswick address designed for anyone in the community grieving terminal illness or death of a companion animal. *Structured 7-week Adult Grief Support Group* designed for those who wish to have a more structured approach to discussing their grief featuring specific topics and facilitation is provided with instructional readings. *Substance Abuse Loss Support Group* meets monthly and is designed for adults grieving death of a loved one by overdose or long-term abuse.

Chapter of Bereaved Parents of USA

Type: Child Loss Support Group

Contact: Triss Critchfield

Address: P.O. Box 8295 Portland, Maine 04104

Phone: 207-799-4183

E-Mail: SouthernmaineBPUSA@gmail.com
triss.critchfield@gmail.com

Website: www.bpsmaine.bpchapter.org
FB: [SouthernMaineBPUSA@facebook.com](https://www.facebook.com/SouthernMaineBPUSA)

Enrollment: Self-Referral

Areas Served: Cumberland and York

Criteria: Open to the community.

Description: Open to anyone who is struggling with the death of a child.

Meetings: Held 2nd and 4th Wednesday every month, 6:30-8PM, Trinity Episcopal Church, 580 Forest Avenue, Portland.

Center for Grieving Children

Type: Individual and Group Grief Support

Contact: Rebecca Diggins, Assistant Director for Bereavement Services

Address: 555 Forest Ave Portland, Maine 04104

Phone: 207-775-5216

E-Mail: Rebecca@cgcmaine.org

Website: www.cgcmaine.org

Enrollment: Enrollment Process Required

Areas Served: Cumberland, York and parts of Androscoggin

Group Leader: Trained volunteers

Criteria: Self-Referral

Description: Bereavement groups for children, ages 3-18, their parents and young adults, ages 18-30. Peer support for families dealing with serious illness from point of diagnosis for children, ages 3-18, adult caregivers; and the person who is ill. Bereaved Parent Group for parents who have lost a child. Young Widow and Widowers Group for people who have lost a spouse/partner. Peer Support Group with Portland schools for children from war torn countries. Education and crisis support outreach to schools, camps, businesses, communities and organizations. Phone support is available during business hours.

Meetings: Scheduled interviews with Rebecca Diggins required before attending. Support group locations, dates and times available upon registration completion.

Maine Medical Center (MMC)

Type: Suicide Loss Support and Individual Bereavement Counseling

Contact: Sandra Horne, LCSW & Robert Myers, LCPC

Address: Department of Psychiatry 22 Bramhall Street Room 1, Portland, Maine 04102

Phone: 207-409-6976 or 207-409-6226

E-Mail: soslossgroup@gmail.com
hornes@mmc.org

Enrollment: Open Enrollment

Areas Served: Greater Portland and beyond
Group Leader: Professionals and Peers
Criteria: Self-Referral

Description: Open and Ongoing Suicide Survivors Support Group.

Meetings: Held 2nd and 4th Monday of every month, 6-7:30 pm in Classroom #1 of MMC Dana Center. One on one grief support offered at no cost.

Hospice of Southern Maine

Type: Individual and Group Grief Support

Contact: Carol Schoneberg-Robinson

Address: 180 U.S. Route 1
Scarborough, Maine 04074

Phone: 207-289-3651 or 866-621-7600

E-Mail: schoneberg@hospiceofsouthernmaine.org

Website: www.hospiceofsouthernmaine.org

Enrollment: Register by phone or E-Mail with Carol Schoneberg-Robinson.

Areas Served: York and Cumberland

Group Leader: Professional staff, Master's Level Interns

Criteria: Self-Referral of those 18 years old and older who experienced the death of a loved one.

Description: Bereavement support groups assist individuals who may be dealing with issues of sadness, grief, depression, anger, guilt or any other related feelings accompanying the death of a loved one. This is not a therapy group, but rather a support group where individuals can share their feelings and experiences in a caring and safe environment. Open to any person who experienced the loss of a loved one. Participants will have chance to share feelings and experiences of grief in a caring and safe environment with a skilled facilitator and surviving parents in the group. Individualized Bereavement Counseling is available at no cost to the recipient.

Meetings: Contact Carol Schoneberg-Robinson for dates, times, and locations.

(See Also H.O.P.E under Oxford County)

FRANKLIN

(See Androscoggin Home Care and Hospice in Androscoggin County)

“Old South Church”

Type: General Bereavement Support Group, Suicide Support for Adults and Children/Adolescents

Contact: Betsy Riley

Address: 227 Main Street
Farmington, Maine 04938

Phone: 207-645-2884 or 207-778-0424

Website: www.farmingtonucc.org

Enrollment: Everyone is welcome.

Areas Served: Franklin

Group Leader: Trained Staff and Volunteers

Criteria: Groups open to anyone dealing with the loss of a loved one, regardless of age or situation.

Description: Community Circle of Love; Bereavement support group for anyone who lost a loved one. Suicide support groups available for Adults and Children/Adolescents.

Meetings: Held every other Friday 1-3 pm at the Old South Church, 235 Main Street, Farmington.

HANCOCK

Hospice of Hancock County

Type: General Bereavement, Suicide Loss Support Group, Veteran Loss Group, Parent/Sibling Loss Support, Inmate Support Group

Contact: Janice Ronco, Bereavement Services Coordinator

Address: 14 McKenzie Avenue
Ellsworth, Maine 04605

Phone: 207-667-2531

E-Mail: mcgriff@hospiceofhancock.org

Enrollment: Application and Interview Process

Areas Served: Hancock

Group Leader: Trained Survivors.

Criteria: Self-Referral

Description: General Bereavement, Veteran Loss Support & Parent/Sibling Loss Support Groups and Suicide Survivor Support Group offered twice a year. A Graduate Support Group offered to those who complete two or more grief support groups. A newly organized group for those incarcerated and suffered a loss is beginning with our fall support listing.

Meetings: Offered throughout the year. Call for more information, group locations, dates and times.

Address: 150 Dresden Avenue
Gardiner, Maine 04345

Phone: 207-626-1780

E-Mail: Erika.johnston@mainegeneral.org

Website: www.mainegeneral.org

Enrollment: Enrollment Process is required

Areas Served: Statewide

Group Leader: Facilitating Team

Criteria: Self-Referral

Description: All programs are free of charge and open to all Maine communities. Call for support group dates and times or general information.

Healing Hearts: A Family Grief Support Program (7- weeks, 4 times a year) for families with children ages 3-17 who are grieving the death of a loved one. Offers children and their caregivers a safe space to explore feelings and share memories through art, play and storytelling. Pre-registration and interview process required.

General Loss Support Group: This group runs for 6- week sessions multiple times a year for adults who experienced the death of a loved one. We provide a safe space to explore feelings of grief and loss in a supportive peer setting. Grief information and education are provided. Pre-registration and interview required.

Survivors of Suicide Loss: Runs for 6-weeks for family and friends of someone who died by suicide. This group offers a safe space to let out feelings of grief and loss in a supportive setting. Information specific to loss and grief resulting from suicide is provided. This group is held on an as needed

KENNEBEC

Hospice Volunteers of Waterville

Type: Widow/Widower Support Group

Contact: Jillian Roy, Bereavement Coordinator

Address: 304 Main Street, P.O. Box 200
Waterville, Maine 04901

Phone: 207-873-3615 Extension: 19

E-Mail: hospiceinfo@hvwa.org
jroy@hvwa.org

Website: www.hvwa.org

Enrollment: Please call ahead.

Areas Served: 27 communities in Waterville area

Group Leader: Trained Volunteers

Criteria: Self-Referral

Description: General Loss Group for those in the community who have lost a loved one.

Meetings: Held the 1st and 3rd Wednesday of every month from 6-7:30 pm. Call ahead for meeting locations as they may change.

Additional Information: There are other closed support groups. Please contact Jillian for more information.

Maine General Hospice

Type: General Loss Support, Family Grief Support, Survivors of Suicide Loss, Child Loss Support Group

Contact: Erika Johnston, Bereavement Coordinator

basis. Call to register or to schedule an interview.

Child Loss Support Group: Meetings scheduled on as needed basis for adults who experienced the death of a child. This group provides a safe environment to work through feelings of grief and loss in a calm, supportive setting. Information and resources specific to child loss and grief are provided. Pre- registration and interview process required.

Meetings: Contact Erika Johnston for information, meeting availability, dates and times.

(See Also H.O.P.E under Oxford County)

KNOX

Coastal Family Hospice Volunteers

Type: General Bereavement Support Group, Bereavement Correspondence

Contact: Carol des Lauriers Cieri, Hospice Coordinator

Address: 34 Old County Road Rockport, Maine 04856

Phone: 207-593-9355

E-Mail:
coastalfamilyhospicevolunteers@gmail.com
cdeslaurierscieri@penbayhealthcare.org

Website: www.coastalfamilyhospice.com

Enrollment: Registration required prior to attending.

Areas Served: Knox and Lincoln

Group Leader: Bereavement Coordinator, Volunteers and Licensed Counselors

Criteria: Self-Referral

Description: Contact our office if interested in attending a support group. Bereavement Correspondence provided to those who wish to receive support and resources by mail in the first 13 months following a death.

Meetings: A general bereavement support group 1st Wednesday of every month, 6-7:30PM in the Bartlett Woods Retirement Center library. Call Carol for group availability and meeting schedules.

LINCOLN

Miles & St. Andrews Home Health and Hospice

Type: General Bereavement Support Group

Contact: Connie Jones

Address: 40 Belvedere Road
Damariscotta, Maine 04543

Phone: 207-563-4177

E-Mail: connie.jones2@lchcare.org

Web:
www.mileshealthcare.org/HomeHealthHospice

Enrollment: Call for an initial interview.

Areas Served: Lincoln

Group Leader: Kirsten Skorpen, MSW

Criteria: Open to all members of the community dealing with an adult loss.

Description: A small support group available at no cost to participants and open to anyone who experienced a recent adult loss.

Meetings: Held every other Wednesday, 10-11:30AM. Call to register or for more information.

OXFORD

SOS – Survivors of Suicide

Type: Suicide Loss Support Group

Contact: Christine Hensley

Address: 348 South Hiram Road
Hiram, Maine 04041

Phone: 207-625-4352 or 207-625-3291

E-Mail: christine257me@yahoo.com

Enrollment: Open enrollment. Call for initial interview.

Areas Served: Oxford and beyond

Group Leader: Trained Peers and Professionals who have experienced the loss of a loved one to suicide.

Criteria: Call ahead to register.

Description: Suicide loss survivors helping peers face life after the loss of a loved one to suicide.

Meetings: Groups meet at the Calvary Bible Church the 1st Tuesday of every month, 6:30-7:30PM.

H.O.P.E.

Type: General Bereavement Support Group, Coping with a Serious Illness Support Group

Contact: Kenneth Hamilton and Liz

Address: P.O. Box 276, 52 High Street
South Paris, Maine 04281

Phone: 207-890-3673 or 207-743-7458
Call Liz to register 727-420-2964

E-Mail: kennhope@hopehealing.org

Website: www.hopehealing.org

Enrollment: Drop in or call for more information and meetings locations.

Areas Served: Hallowell, South Paris and Portland

Group Leader: Kenneth Hamilton, MD

Criteria: Self-Referral

Description: Groups support the bereaved and those coping with a serious illness, situation or condition.

Meetings: General Bereavement Support Groups at:

- Portland Recovery Community Center, 468 Forest Avenue, Portland, every Thursday, 5-7PM.
- Irish Heritage Center; 34 Gray Street, Portland, Wednesdays, 5:30-7:30PM. Enter through rear door off Danforth Street.
- Haskell House, 1st Congregational Church, 17 East Main Street, South Paris, Mondays, 4-6PM.
- St. Matthews Episcopal Church, 20 Union Street, Hallowell, Wednesdays, 6:30-8:30PM. Parking off Academy Street.
- Riverside Methodist Church, 5 School Street, Porter, Thursdays, 6-8PM. Side door entrance.

(See Androscoggin Home Care and Hospice in Androscoggin County)

PENOBSCOT

St. Joseph Homecare & Hospice

Type: Child Loss Support Group, Walk-in Bereavement Support Group

Contact: Lynn Jones, Hospice Coordinator

Address: St. Joseph Healthcare Park
360 Broadway, Bangor, Maine 04401

Phone: 207-262-1810

Website: www.stjoeshealing.org

Enrollment: Open enrollment, walk-ins are welcome.
Areas Served: Greater Bangor (25 mile radius)

Group Leader: Grief Counselors

Criteria: Self-Referral

Description: The agency offers a free bereavement support program several times annually.

Meetings: Community Walk-In Bereavement Support Group is hosted at Brookings-Smith Funeral Home, 133 Center Street, Bangor, 2nd and 4th Wednesday of every month, 6- 7:30PM.

Pathfinders – Hospice of Eastern Maine

Type: Expressive Art Loss Support Group for Children and their Families

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

E-Mail: lboyle@emh.org

Website: www.pathfindersmaine.org

Enrollment: Application process

Areas Served: Penobscot and surrounding counties

Group Leader: Various agency resources and volunteers trained through Hospice of Eastern Maine

Criteria: Self-Referral

Description: A support group for children, ages 4 to young adults, and their families dealing with the loss of a loved one. This group

provides expressive art activities as a way to work through feelings of grief.

Meetings: Meetings run 10-week sessions twice a year; the fall session begins October 5th and continues every Monday evening from 6-7:30PM through December 7th. The spring group begins March 7th from 6-7:30PM and continues every Monday thereafter with the exception of school vacation week.

New Hope Hospice, Inc.

Type: General Bereavement Support

Contact: Christi MaQuillan, Director

Address: 1344 Main Road
Eddington, Maine 04428

Phone: 207-843-7521

E-Mail: newhope7521@aol.com

Website: www.newhopehospice.org

Enrollment: Open Enrollment

Areas Served: 35 mile radius of Bangor

Group Leader: Rodney St. Louis, Bereavement Coordinator

Criteria: Self-Referral

Description: A General Bereavement Support Group meets twice monthly.

Meetings: Held the 2nd and 4th Wednesday of every month at 6PM and hosted at the Brookings-Smith Family Center, 163 Center St., Bangor.

Safe Place

Type: Suicide Loss Survivors Support Group

Contact: Cathy Bennett

Address: Family Reception Center of Brookings-Smith
163 Center Street, Bangor.

Phone: 207-974-6894
Email: cabenne@tds.net
Enrollment: Walk in
Areas Served: Bangor and surrounding areas
Group Leaders: Fellow loss survivors
Criteria: Self-referral
Meeting: Group meets continuously throughout the year. Meetings are held monthly on the 1st Wednesday of the month 6:30 – 8:00 pm.

PISCATAQUIS

Pine Tree Hospice

Type: Adult Lunch and Learn Bereavement Group, General Bereavement Support Groups for Adults and Children
Contact: Jane Stitham, Executive Director
Betsy Miller-Minott, Coordinator of Volunteer and Client Services
Address: 883 West Main Street Dover-Foxcroft, Maine 04426
Phone: 207-564-4346
E-Mail: wecare@pinetreehospice.org
Website: www.pinetreehospice.org
Facebook: www.facebook.com/EvergreenPTH

Enrollment: Call to enroll.
Areas Served: Piscataquis and portions of Somerset and Penobscot
Group Leader: Trained Volunteers
Criteria: Self-Referral
Meetings: The Pine Tree Hospice Nights of Service grief support program is a six-week, closed-group program designed for children and families who are grieving a death. The sessions are led by trained bereavement

facilitators in a safe and supportive environment. Participants are encouraged to attend all sessions.
The "Lunch and Learn" events are open to all community members who have lost a loved one, whether recent or past. The meetings are held the second Tuesday of each month, September – May; open to anyone grieving the loss of a loved one, whether s/he has received Pine Tree Hospice services or not. This is not a traditional support group, however, the series offers facilitated discussion for sharing experiences and feelings, if desired. There is no fee for this series, but pre-registration is appreciated please call 564-4346 or send mail to wecare@pinetreehospice.org.

Adult Bereavement Support
The current program is focused for anyone who has experienced a loss. The group meets on the 2nd and 4th Wednesday of each month from 6:30 to 7:30 pm at the Pine Tree Hospice Office, 883 West Main Street, Dover-Foxcroft. There is no charge for this event, but pre-registration is encouraged. For more information please call Pine Tree Hospice (564-4346).

SAGADAHOC

(See CHANS Hospice and Volunteers: Center for Grief and Loss in Cumberland County)

SOMERSET

Hospice Volunteers of Somerset County

Type: Adult and Children Bereavement Support Groups, Bereavement Mailing Program, One on One Support for Adults and Children
Contact: Karen Champagne
Address: 41 Main Street
Skowhegan, Maine 04976
Phone: 207-474-7775
E-Mail: Volunteer@hvosc.org
Website: www.hvosc.org

Enrollment: Drop-In

Areas Served: Somerset

Group Leader: Volunteer Services Coordinator

Criteria: Self-Referral, Crisis & Counseling, Schools, etc.

Description: Year-round drop-in grief support group offered. Based on needs, we form special support groups. Grief support groups offered to all ages, as well as support, a lending library, and additional needed services.

Meetings: Drop-in group held every Tuesday at 4PM

WASHINGTON

Down East Hospice Volunteers

Type: Individual Bereavement Support, Bereavement Support Group

Contact: Don Green , Bereavement Coordinator

Address: Calais Regional Hospital
24 Hospital Lane
Calais, Maine 04619

Phone: 207-454-9204

E-Mail: downeathospice@yahoo.com

Website: www.downeathospicevolunteers.org

Enrollment: Pre-Registering is required.

Criteria: Available free of charge to anyone dealing with the loss of a loved one.

Description: One on one bereavement support available by appointment. Support groups run periodically and require registration.

Meetings: Call for details on the upcoming support group.

WALDO

Hospice Volunteers of Waldo County

Type: Individualized Peer Support

Contact: Flic Shooter, Bereavement Coordinator

Address: P.O. Box 772 Belfast, Maine 04915

Phone: 207-930-2677

E-Mail: hvowc1@gmail.com

Website: Hospicevolunteersofwaldocounty.org

Enrollment: Contact Flic Shooter

Areas Served: Waldo

Group Leader: Hospice Volunteers

Criteria: Self-Referral

Description: Individualized Peer Support

Meetings: Available by Appointment

YORK

The Hope Project

Type: Child Bereavement Support

Contact: Nikki Hopewill

Phone: 207-475-7308

E-Mail: nikki@hopeprojectseacoast.org

Enrollment: Contact Nikki Hopewill to complete enrollment process.

Criteria: Program available to grieving children and their families, ages 5-18 years of age.

Description: The Hope Project offers a safe place for children to heal.

Meetings: Held Wednesday evenings, 6-7:30PM during the active school year. Call for more information and meeting locations.

York Hospital Hospice in Partnership with Merrimack Valley Hospice

Type: Grief Journey Support Group, General Bereavement Support Group, Child Bereavement Support

Contact: Shannon Tracy

Address: St. George's Episcopal Church
407 York St, York 03909

Phone: 978-552-4510

E-Mail: jsharpe@homehealthfoundation.org

Web: www.homehealthfoundation.org/york-hospital-hospice

Enrollment: Pre-Registration is required

Areas Served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick, and North Berwick

Group Leader: Trained Volunteers

Criteria: Self-Referral

Description: Meetings are free of charge and open to anyone grieving the loss of a loved one.

Meetings: Grief Journey is an open and ongoing support group offered Tuesday every month, 10:30- 11:30AM. The General Bereavement Support Group meets in the fall, winter and spring for 10-week sessions. Contact the Bereavement Coordinator of York Hospital at 978-552-4510 for more information.

Southern Maine Suicide Bereavement Group

Type: Suicide Loss Survivors Support Group

Address: Whole Heart Therapies
8 Wilson Street
Berwick, ME 03901

Contact: Jennifer Ordway 207-319-3198
Tina Dodge

E-Mail: jenniferordway@gmail.com
Fajardo.tina@yahoo.com

Enrollment: Walk in

Areas Served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick, and North Berwick

Group Leader: Fellow loss survivors

Criteria: Self-Referral

Description: Meetings are free of charge and open to anyone.

Meetings: Group meets continuously throughout the year. Meetings are held monthly on the 3rd Tuesday of the month from 6:30-8:00 pm.

New Hampshire: Children and Family Grief Services

Type: Individual, Family, Group, School Based or Community Grief Support and Consultations, Child Loss Support Group

Contact: Jan Arsenault

Address: Wentworth Douglas Hospital
839 Central Avenue
Dover, New Hampshire 03820

Phone: 603-740-2689

E-Mail: jan.arsenault@wdhospital.com

Website: www.wdhospital.com

Enrollment: Telephone Application

Areas Served: Greater Seacoast of New Hampshire and Southern Maine

Group Leader: Therapist and Co-facilitator

Criteria: Based on the Application
Description: Individual and family visits, groups; school- based or individual, community response, consultation and workshop presentations.

Meetings: Child Loss Support Group is a 6-week long support group in Augusta, offered as needed to parents who experienced the death of a child. Other Bereavement Services are available on as needed basis. Contact Jan Arsenault for information and resources.

Other Resources

Grief Share: Visit <http://www.griefshare.org> or call 800- 395-5755 for current and future offerings for information on our 13-week faith based support group. Grief Share offered around the U.S. including regularly scheduled sessions in Maine.

Alliance of Hope for Suicide Survivors: Alliance of Hope is a non-profit support and online resource for those affected by the loss of a loved one to suicide. This site offers online community support and support from survivors around the world and a team of seasoned survivors and mental health professionals available around the clock to offer compassion, information and hope. To learn more or find support groups in your area visit www.allianceofhope.org or call 847-868-3313.



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